[illegible]

[illegible]

(THE DISCOURSE SUMMARIES)

[illegible]

[illegible]

[illegible]

[illegible]
[illegible]
[illegible] : [illegible] - 795008

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(THE DISCOURSE SUMMARIES)

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[illegible]

Mapaa ibungngo Pishak Singh Konjengbam amadi mamaa ibemma K.O. Pramodini Devi anina machaagidamak All Manipur Buddhist Assocation, Imphaal da Khudol tambiba.

[illegible]:

[illegible] 15 [illegible]
21 [illegible] 2016

ꯂꯥꯏꯔꯤꯛ [illegible]: 200 ([illegible])

[illegible]
All Manipur Buddhist Association, Imphaal

[illegible] - 795008

[illegible] :

[illegible]

Diginet Offset Printers,
Thongju [illegible]roi Makhong,

[illegible]

[illegible] (liberation) [illegible] (A course of Vipassana Meditation) [illegible] ||

[illegible] ||

[illegible]
[illegible] / [illegible]
[illegible] || [illegible]
[illegible] (philosophical debate) [illegible] || [illegible]
[illegible] ||
[illegible]
[illegible] || [illegible]
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[illegible] || [illegible]
[illegible] || [illegible]
[illegible]
[illegible] || [illegible]
[illegible] || [illegible] (salvation) [illegible]
[illegible] ||

[illegible]
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[illegible],
[illegible]
[illegible]
[illegible]
[illegible] ([illegible]) [illegible]
|| [illegible]
[illegible]
[illegible] || [illegible]
[illegible]
[illegible]

[illegible] (meditator) [illegible] ||

[illegible] (summary) [illegible] ||

[illegible] ||

[illegible] ||

[illegible] ||

[illegible]

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[illegible]

[illegible] Vipassana Meditation Centre, Massachusette, USA 1983 August [illegible] The ten day summary [illegible] Centre [illegible] 1984 August [illegible] ||

[illegible] ||

[illegible] ||

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ꯑꯍꯥꯅꯕ ꯋꯨꯈꯤꯌ

ꯑꯍꯥꯅꯕꯗ ꯋꯨꯀ ꯖꯣꯇꯄꯗꯕꯁꯤꯇ:-

> ꯍꯤꯕꯤꯄꯣꯅꯕꯇꯤ ꯃꯥꯅꯗꯆ < ꯈꯤꯌꯔꯇꯊꯆ ꯑꯈꯗ ꯃꯨꯇꯀꯤꯇ
> ꯋꯨꯃꯁꯤꯅꯕꯇꯤ ꯃꯥꯅꯗꯆ > ꯁꯣꯕ ꯍꯣꯅꯗꯣꯇ-ꯍꯣꯅꯀꯤꯅ ꯁꯥꯅꯀꯕꯀ
> ꯑꯍꯥꯅꯕ ꯌꯣꯇꯁꯥꯅꯊꯆ ꯑꯣꯌꯀ ꯌꯅꯕꯇꯤ ꯈꯕꯆ < ꯃꯨꯇꯀꯤꯇꯇꯤ
> ꯈꯔꯌ > ꯋꯨꯕꯤꯕꯇꯤ ꯈꯕꯆ ꯑꯈꯁꯨꯇ ꯈꯌꯣ ꯄꯕꯆꯀ ꯋꯨꯕꯤꯕꯁꯤꯇ
> ꯑꯗꯨ ꯀꯥꯇꯁꯤꯅꯇꯀꯤ < ꯖꯣꯗꯣꯇꯄꯗꯕ ꯋꯨꯕꯤꯕꯁꯤꯇ ꯑꯈꯁꯨꯇ
> ꯌꯨꯗꯣꯇꯖꯤꯕꯁꯤꯇ ॥

ꯑꯍꯥꯅꯕ ꯋꯨꯈꯤꯌꯌꯤ ꯍꯣꯀꯗꯕ ꯑꯈꯁꯨꯇ ꯋꯨꯇꯂꯥꯌꯌꯕꯀ ꯔꯔꯣꯆ ꯁꯥꯇꯀꯤ ॥ ꯋꯨꯈꯤꯌ-ꯌꯨꯃꯃ ꯊꯆꯗꯨꯀ ꯀꯣꯕ ꯄꯀꯥꯁꯨ ꯍꯣꯀꯕꯣꯌ। ꯈꯤꯌꯔꯪꯇꯊꯆ ꯑꯈꯗ ꯈꯤꯌꯊꯆ ꯍꯣꯇꯗꯀ ꯃꯨꯇꯀꯤꯇ ꯋꯨꯃꯀꯇ ꯔꯪꯇꯨꯀ ꯀꯣꯕꯁꯨ ꯍꯣꯀꯕꯣꯌ ॥ ꯑꯍꯥꯅꯕ ꯋꯨꯈꯤꯌꯈꯇꯌꯗ ꯀꯁꯥꯀ ꯍꯣꯇꯗꯕ ꯈꯤꯌꯊꯆ ꯖꯆꯇꯗꯣꯕꯤꯕ ꯈꯤꯌꯔꯪꯇꯊꯆ ꯑꯁꯤ ꯁꯣꯕ ꯍꯣꯅꯗꯣꯇ ꯍꯣꯅꯀꯤꯅ ꯑꯗꯨ ꯑꯣꯌꯇꯗꯣꯕꯤꯕꯀꯤ ꯑꯌꯣ ꯈꯊꯆ ꯑꯣꯌꯕꯣꯌ ꯁꯣꯕ ꯍꯣꯅꯗꯣꯇ-ꯍꯣꯅꯀꯤꯅ ꯑꯗꯨꯈꯇꯀꯤ ॥

ꯄꯀꯥꯇꯆꯕ ꯑꯈꯀ ꯔꯥꯍ ꯑꯈ ꯍꯅꯀꯤꯅ ꯍꯅꯀꯤꯅ ꯁꯣꯅꯀꯕ ꯀꯌꯌꯕꯇ ꯈꯅꯌꯕ ꯑꯈ ꯀꯌꯌꯕꯇ ꯀꯥꯌꯇꯤ ꯈꯈꯤꯇ ꯑꯈ ꯍꯅꯀꯤꯅ ꯍꯅꯀꯤꯅ ꯁꯣꯅꯀꯕ ꯀꯌꯌꯕꯇ ꯀꯥꯌ ꯑꯈꯇꯤ ꯁꯇꯑꯣꯇ-ꯁꯥꯗ ꯍꯅꯀꯤꯅ ꯍꯅꯀꯤꯅ ꯔꯥꯌꯅꯀ ꯁꯥꯇꯌꯀꯕꯗꯤ ꯃꯨꯇꯀꯤꯇ ꯋꯨꯃꯁꯤꯅꯕꯁꯤ ꯍꯪꯅꯀ ꯀꯥꯌꯕꯆꯇꯗꯕꯀꯤ / ꯍꯪꯅꯀ ꯋꯨꯕꯆꯇꯗꯕꯀꯤ ॥ ꯁꯪꯆꯀꯤꯅ ꯁꯥꯀꯤꯅꯕ ꯀꯌꯌꯕ ꯈꯁꯥꯇ ꯑꯣꯌꯀꯕ ꯁꯣꯕ ꯍꯣꯅꯗꯣꯇ-ꯍꯣꯅꯀꯤꯅꯇꯤ ꯔꯥꯊꯆꯗꯈꯇ ꯔꯪꯇꯁꯤꯅꯊꯆ

[illegible]

[illegible]

[illegible] (The art of living) [illegible]

[illegible] (course) [illegible] ||

[illegible] (technique [illegible]) [illegible] || [illegible] <[illegible]> [illegible] (technique [illegible]) ; truth realization [illegible]; self realization [illegible] || [illegible] (truth); [illegible] (love) ; [illegible] (purity [illegible]) ||

[illegible] || [illegible] || [illegible] / [illegible]

[illegible] (the subtlest reality) [illegible] (ultimate reality [illegible]) [illegible] ||

[illegible]

[illegible] <[illegible]> [illegible] ||

[illegible] (experimental level) [illegible] || [illegible]; [illegible] || [illegible] || [illegible]; [illegible] (cell) [illegible]; [illegible] ([illegible]) [illegible] || [illegible] biochemical and electromagnetic reactions [illegible] || [illegible] || [illegible] ||

[illegible] ([illegible]) [illegible] || [illegible] || [illegible]; [illegible] ([illegible]) [illegible] || [illegible] / [illegible] / [illegible] || [illegible] || [illegible] || [illegible]

[illegible]

[illegible] ꯫ [illegible] ꯫ [illegible] ꯫ [illegible] (technique [illegible]) [illegible] ꯫ [illegible] ꯫ [illegible] ꯫ [illegible] ꯫ [illegible] ꯫ [illegible] ꯫

[illegible] ꯫ [illegible] ꯫ [illegible] (ꯍꯤꯗꯥꯏ) ꯫ [illegible] ꯫ [illegible]

ꯁꯃ-ꯀꯥꯋꯒꯒ ꯆꯥꯖꯔꯪ ꯒꯌꯣꯄ ꯁꯃ-ꯀꯥꯋꯒꯒ ꯆꯥꯖꯔꯪ ꯒꯌꯣꯄ ꯃꯨꯍꯒꯀꯇ ꯁꯃ- ꯀꯥꯋꯒꯕ ꯑꯃꯇꯕ / ꯑꯣꯄꯊꯕ / ꯂꯪꯔꯥꯋꯕ ꯁꯥꯌꯋꯒ (ꯀꯣꯎ) ꯙꯨꯃꯂꯤꯅꯗꯪ ꯫ ꯀꯇꯇ ꯀꯒꯥꯖ ꯒꯥꯄꯕ ꯁꯥꯌꯅꯀꯇ ꯑꯣꯄꯔꯕꯂꯨ ꯀꯌꯣꯄ ꯑꯊꯨꯗꯤ ꯃꯥꯋꯊꯍ ꯑꯣꯄꯔꯤꯕ ꯃꯣꯛꯂꯇ ꯑꯊꯨꯊꯤ ꯒꯨꯇꯆꯥꯄꯕ ꯒꯛꯄꯣꯔꯗ ꯒꯨꯇꯆꯥꯄꯄꯣꯕꯒ ꯑꯣꯄꯔꯤ ꯫ ꯒꯨꯇꯆꯥꯄꯕ ꯑꯃꯪꯋꯕ ꯑꯣꯄꯔꯗꯒ ꯑꯃꯥꯍꯕꯒ ꯑꯣꯇꯗꯪ ꯑꯃꯥꯍꯕ ꯇꯥꯊꯣꯇꯒꯤꯇꯊꯕ (ꯔꯥꯗ) ꯃꯣꯇꯗꯪ ꯫ ꯒꯨꯇꯆꯥꯄꯄꯣꯕ ꯃꯪꯋꯊꯕ ꯑꯣꯄꯔꯗꯒ ꯃꯥꯍꯊꯕ ꯄꯣꯨꯇꯙꯁꯕꯒ ꯑꯣꯇꯗꯪ ꯫ ꯃꯥꯍꯊꯕ ꯖꯇꯗꯣꯄꯕ ꯃꯣꯇꯗꯪ ꯫ ꯁꯥꯌꯅ (ꯀꯥꯄꯒꯨꯊ) ꯑꯂꯤ ꯑꯃꯇꯕ (ꯄꯇꯒꯣꯔꯪꯒꯨꯂ) ꯌꯣꯄꯔꯥꯇꯕ (ꯙꯨꯔꯪꯅꯤꯇ) ꯑꯀꯂꯨꯇ ꯃꯥꯍꯊꯕ (ꯑꯪꯅꯔꯂꯋ) ꯖꯥꯄꯔꯤꯕ ꯀꯁꯥꯇꯂꯤꯇ ꯑꯂꯤꯒ ꯄꯣꯛꯄꯣꯒ ꯇꯋꯊꯨꯒ ꯗꯦ ꯫ ꯑꯄꯣꯣꯃ-ꯑꯄꯣꯣꯃꯃ ꯑꯀꯣꯛꯃ ꯀꯁꯥꯇꯂꯤꯇꯊꯤ ꯀꯔꯨꯑꯣꯄꯕ ꯀꯌꯣꯄ ꯑꯊꯨꯍ ꯑꯂꯤꯊꯤꯗꯤ ꯃꯣꯇꯗꯇꯃꯒꯤ ꯑꯀꯣꯛꯃ ꯌꯨꯊꯤꯇꯒ ꯙꯒꯥꯗꯨꯍꯕ ꯑꯀꯕꯨ ꯑꯊꯨꯍ ꯑꯁꯥꯕ ꯑꯣꯄꯖꯅꯗꯤꯕꯒꯤ ꯫

ꯇꯦꯑꯣꯇ ꯑꯂꯤꯗꯤ ꯃꯥꯋꯊꯍꯊꯤ ꯖꯇꯁꯥꯇ ꯀꯒꯨꯇꯊ (ꯒꯨ.ꯇꯊ) ꯗꯦꯔꯤꯕ ꯑꯀꯣꯛꯃꯂꯤꯇ (negativities) ꯄꯣꯃꯒ ꯄꯣꯇꯒ ꯗꯦꯇꯣꯇꯄꯨꯒ (ꯀꯥꯇꯖꯋꯊꯨꯒ) ꯃꯨꯇꯒꯤꯇꯨ ꯑꯁꯥꯕꯊꯤꯗꯤ ꯒꯥꯋꯇꯣꯇꯖꯋꯕꯒꯤ ꯫ ꯀꯂꯤ ꯙꯒꯥꯗꯨꯍꯕ ꯑꯀꯗꯤ ꯒꯨ.ꯇꯊ ꯗꯣꯛꯄꯨꯒ ꯗꯦꯔꯤꯕ ꯖꯦꯗꯤꯇꯀꯇꯙꯤ ꯑꯣꯄꯒꯊꯤ ꯌꯇꯕ ꯆꯍꯊꯕ (unconscious) ꯒꯤꯇꯖꯋꯒꯕ ꯀꯁꯥꯇꯂꯤꯇ ꯑꯊꯨ ꯗꯦꯇꯣꯇꯒꯕ ꯑꯀꯂꯨꯇ ꯇꯤꯊꯣꯇꯒꯕ ꯁꯛꯇꯕ ꯗꯥꯋꯗꯇꯒꯤ ꯫ ꯀꯓꯍ ꯑꯊꯨꯊ ꯙꯒꯥ ꯌꯇꯊꯒ ꯗꯣꯛꯄꯨꯒ ꯗꯦꯔꯤꯕ ꯁꯐꯛꯒꯕꯂꯤꯇ ꯑꯊꯨꯨ ꯌꯇꯊꯣꯇꯄꯨꯒ ꯗꯦꯇꯣꯇꯌꯤꯒꯕ ꯃꯥꯇꯇꯣꯇꯃꯒꯤ ꯫ ꯇꯦꯑꯣꯇ ꯑꯂꯤꯗꯤ ꯑꯖꯥꯋꯕ ꯌꯣꯇꯇꯥꯇꯊꯤ ꯃꯨꯇꯒꯤꯇꯨ ꯂꯪꯇꯊꯣꯇꯙꯊꯕꯒꯤ ; ꯓꯤꯅꯍꯊꯤ ꯑꯂꯤꯒꯤ ꯂꯣꯔ ꯖꯣꯋꯊꯣꯇ-ꯖꯣꯋꯒꯤꯋꯊ ꯐꯪꯇꯒ ꯐꯪꯇꯒ ꯃꯨꯇꯒꯤꯇꯨ ꯃꯔꯦꯁꯪꯛꯒ ꯃꯨꯋꯂꯤꯋꯨꯒ ꯂꯣꯔꯊ ꯇꯍꯕꯄꯣ ꯒꯛꯄꯣꯒ ꯁꯥꯌꯅꯂꯨ ꯂꯪꯇꯊꯣꯇꯙꯊꯕꯒꯤ ꯫ ꯆꯂꯤꯊꯤ ꯃꯨꯇꯒꯤꯇꯨ ꯂꯣꯔꯊ ꯐꯪꯇꯨꯒ ꯀꯃꯨꯇꯓꯥꯒ ꯓꯥꯗꯤꯋꯨꯒ ꯇꯍꯕꯂꯤ ꯀꯤꯙꯨꯃ ꯌꯔꯊꯇ ꯑꯣꯄꯕ ꯐꯥꯄ ; ꯑꯊꯨꯨ ꯖꯣꯒꯌꯤꯕ ꯃꯨꯇꯒꯤꯇꯗꯤ ꯀꯁꯛꯃꯨ ꯖꯣꯇꯖꯋꯌꯤꯕ ꯀꯤꯛꯙꯃꯄꯨ ꯐꯥꯍꯒ ꯀꯃꯥꯇꯗꯅ ꯗꯦꯔꯕꯒꯤ ꯫

ꯍꯤꯕꯥꯝ ꯑꯗꯨꯅ ꯃꯅꯤꯡꯊꯧꯍꯤꯡ ꯑꯣꯏꯕ ꯑꯃꯨꯍꯕ ꯂꯣꯔꯦꯜ ꯂꯥꯅꯣꯡ ꯍꯨꯗꯅ ꯁꯗꯕ ꯑꯍꯂꯗ ꯂꯥꯅꯣꯡ ꯍꯨꯗꯅꯤꯡꯤ ꯌꯣꯔꯗꯃ ꯂꯂꯥꯂ ꯍꯍꯨꯕ ꯅꯥꯂ ꯄꯗꯆ꯫ ꯍꯂꯤꯅ ꯆꯥꯃꯂ ꯆꯧꯂꯤꯗꯋꯥꯄ ꯃꯔꯤꯂ ꯁꯥꯀꯅ꯫ ꯂꯣꯔ ꯇꯣꯃꯅꯣꯗ ꯇꯣꯃꯂꯆꯤꯃꯅ ꯇꯪꯃꯂ ꯃꯥꯍꯂꯤꯃꯕꯂ ꯆꯧꯅ꯫ / ꯃꯥꯍꯅꯕꯂ ꯅꯧꯅ꯫ / ꯁꯍꯂ ꯁꯪꯗꯕꯅꯂꯤ ꯫ ꯍꯤꯕꯥꯝ ꯑꯂꯤꯅꯅꯤ ꯁꯗꯂꯤꯗ ꯑꯂꯤ ꯍꯔꯨꯑꯄꯕ ꯑꯍꯣꯕꯃ ꯀꯕꯅꯕ ꯍꯄꯅ ꯑꯁꯍꯅꯤꯡꯤ ꯂꯥꯃꯌꯣꯗꯆ꯫ / ꯇꯄꯕꯅꯤ ꯁꯗꯂꯤꯗ ꯂꯪꯗꯆ꯫꯫ ꯄꯗꯕ ꯋꯍꯕꯤꯡꯤ ꯌꯥꯗꯅ ꯆꯔꯤꯕ ꯑꯂꯪꯗꯕ ꯍꯤꯕꯥꯝ ꯑꯂꯤꯂ ꯑꯍꯍꯕ ꯍꯀꯍꯅ ꯃꯂꯤꯃꯅꯂ ꯆꯔꯤꯕ ꯑꯔꯤꯕ ꯑꯍꯕꯃꯅ ꯑꯀꯗꯂꯕ ꯁꯌꯪꯗ ꯑꯍ ꯃꯤꯔꯤ ꯫ ꯑꯄꯤꯡꯅꯕ (positive) ꯑꯄꯔꯄꯅꯕ (negative) ꯌꯪꯗꯤꯡꯥꯄꯂꯔꯕꯅꯤ ꯃꯧꯄꯥꯄꯕ ꯅꯥꯄ ꯇꯥꯄꯕꯅꯤ ꯑꯀꯕꯤꯡ ꯀꯕꯅꯕꯤꯡ ꯍꯥꯄꯁꯗꯂꯕꯅ ꯂꯥꯁ ꯑꯂꯤ ꯑꯍꯤꯡ ꯑꯍꯤꯡ ꯌꯪꯗꯤꯡꯥꯄꯂꯕ ꯅꯥꯄ ꯫ ꯂꯪꯗꯅꯕ ꯀꯕꯅꯕ ꯑꯍꯍꯕꯅ ꯆꯧꯕꯅꯂ ꯆꯔꯤꯕꯁ ꯑꯋꯥꯃꯕꯅ ꯀꯥꯁꯤꯡꯕꯆꯗꯃ ꯍꯅꯍꯅ ꯁꯗꯂꯤꯗꯤꯡꯤ ꯑꯄꯕ ꯍꯄꯅ ꯍꯄꯥꯤꯡꯤ ꯂꯗꯋꯥꯄꯕ ꯁꯕꯆꯗꯄ ꯫

ꯃꯂꯥꯤꯡꯍꯕ ꯑꯍꯂ ꯑꯂꯤꯡꯍꯕ ꯀꯤꯕꯍ ꯍꯥꯄꯁꯗꯂꯕ ꯍꯅꯍꯅ ꯁꯗꯂꯤꯗ ꯇꯗꯁꯥꯗꯤꯡꯤ ꯑꯄꯕ ꯆꯥꯗꯅꯗꯂꯕꯤꯡꯤ ꯃꯅꯗꯌꯤꯕ ꯆꯧꯤꯡꯂꯤ ; ꯃꯅꯗꯌꯤꯕꯂ ꯍꯂꯤꯗ ꯇꯪꯃꯆꯤꯅꯆꯗꯃꯂꯤ꯫꯫ ꯑꯁꯍꯑꯄꯂꯍꯗ ꯁꯥꯀꯍ ꯑꯂꯤꯅꯤ ꯁꯗꯂꯤꯗ ꯀꯥꯆꯤꯃꯕꯅ ꯅꯂꯪꯗꯂ ꯍꯥꯄ ꯃꯥꯗꯃꯤꯡꯤ ꯃꯅꯍꯂꯤ ꯇꯥꯄꯂ ꯄꯗꯕꯂ ꯑꯂꯤꯗꯕ ꯑꯄꯤꯡꯂꯤ ꯫ ꯅꯂꯪꯗꯕꯍꯗꯅꯤ ꯌꯥꯑꯗ ꯑꯂꯤ ꯌꯕꯗ ꯅꯧꯕ ꯇꯧꯔ꯫ ꯅꯥꯗꯃꯂꯤ ; ꯑꯍꯍꯕꯅ ꯁꯗꯁꯂ ꯌꯥꯗ ꯌꯥꯕ ꯇꯧꯔ꯫ ꯆꯄꯅꯂ ꯆꯧꯕ ꯂꯥꯄ (pus) ꯄꯔ ꯑꯂꯥꯕꯅꯤꯡꯤ ꯌꯥꯗꯃ ꯇꯧꯔꯕꯂꯤ ꯫ ꯁꯄꯌꯔꯤ ꯌꯕꯗ ꯑꯂꯤ ꯂꯗꯋꯥꯄꯅꯔꯕꯂ ꯂꯥꯄ ꯆꯧꯌꯗꯂꯕ (ꯀꯕꯅꯕ ꯆꯧꯌꯗꯂꯕ) ꯑꯍꯅ ꯋꯥꯄꯔꯕ ꯆꯍꯕꯤꯂꯤ ꯫ ꯃꯂꯥꯤꯡꯍꯕ ꯑꯍꯂ ꯂꯤꯁꯍ ꯁꯍꯂ ꯌꯕꯗ ꯁꯄꯌꯔꯕꯅꯤ ꯃꯅꯗꯌꯤꯕ ꯁꯍꯂꯍꯗ ꯅꯃ/ꯂ ꯅꯃꯂ ꯇꯆꯌꯄꯤꯡꯤꯂꯤ ꯫ ꯇꯁꯪꯗꯂ ꯄꯔ ꯀꯤꯡꯂꯤ; ꯍꯌꯗꯂ ꯑꯍꯗ ꯇꯪꯃꯂ ꯫ ꯌꯕꯗꯁ ꯂꯔꯕꯅꯤ ꯅꯃꯂ ꯅꯃꯂ ꯃꯁꯤ ꯌꯥꯗꯕ ꯁꯥꯀꯍ ꯁꯍꯂꯍꯗ ꯁꯄꯄꯤꯡꯤꯂꯤ ꯫

[illegible] ||

[illegible]:

[illegible] (break) [illegible] ||

[illegible] (operation room) [illegible] ||

[illegible] ||

[illegible] <[illegible]> [illegible] group

meditation [illegible] ||

[illegible] / [illegible] / [illegible] ||

[illegible] || [illegible] / [illegible] || [illegible] (technique [illegible]) [illegible] || [illegible] || [illegible] / [illegible] ([illegible]) [illegible] ||

[illegible] / [illegible] / [illegible] / [illegible] ||

[illegible] ||

[illegible] ||

———————*******———————

ꯃꯤꯃꯤ ꯁꯍꯕ ꯃꯨꯀꯤꯛ

ꯊꯥꯊ ꯅꯀꯠꯤ ꯊꯨꯈꯃꯄꯤ ꯈꯁꯥꯈꯄꯤ ꯅꯧꯈꯕ ꯁꯥꯗꯍꯇꯧꯅ :

ꯊꯨꯍꯂꯤꯆ ꯆꯪꯍꯆꯃꯤꯅꯥꯈ ꯅꯧꯈꯕ ꯅꯁꯨꯍꯕ ꯆꯍꯕꯪꯇ ꯃꯤꯊꯥꯇ

(ꯂꯤꯆ ꯂꯀꯥꯗꯤ ꯊꯍꯃ)

ꯃꯤꯃꯤꯂꯨꯕ ꯃꯨꯀꯤꯛ ꯗꯧ.ꯈꯨꯑꯪ ꯫ ꯀꯂꯤꯃ ꯅꯗꯥꯍꯕ ꯃꯨꯀꯤꯛꯌꯄꯤ ꯈꯆꯤꯅꯌꯅ ꯂꯥꯀꯑꯕꯂꯨ ꯈꯨꯠꯧꯅꯁꯥꯠꯕꯠꯤ ꯗꯧꯆꯤꯅꯂꯨ ꯅꯠꯨꯍ ꯆꯧꯑꯤ ꯫ ꯆꯧꯃꯑꯤꯕ ꯈꯨꯍꯠ ꯁꯅꯆꯄ ꯁꯥꯀꯃ ꯅꯀꯥꯅ ꯅꯌꯧꯥ ꯇꯧꯅꯗꯍꯕ ꯅꯥꯀꯕ ꯂꯇꯆꯥꯕ ꯃꯛꯌꯨꯑꯄ ꯂꯥꯀꯨꯄꯍꯕ ꯊꯨꯅꯃꯤꯅꯨ ꯊꯧꯛꯇꯥꯀꯍ ꯈꯅꯠꯑꯪ ꯆꯥꯅꯌꯅꯃꯑꯪ / ꯊꯨꯍꯥꯀ-ꯥꯀꯑꯪ ꯫ ꯅꯂꯤꯅꯕ ꯀꯤꯃ ꯌꯍꯕꯤꯠꯨꯃ ꯌꯪꯗꯇꯆꯕꯠꯤ ꯀꯥꯗꯍ-ꯌꯥꯅꯗꯍꯕꯠ ꯂꯤꯆꯤꯍꯃꯑꯍꯕ ꯀꯊꯥꯅꯄꯇ ꯅꯠꯤ ꯗꯧꯆꯤꯅꯌꯤ ꯀꯁꯥꯍꯄꯤ ꯂꯪꯍꯄꯛ-ꯂꯥꯄꯛꯊꯄꯤ ꯆꯍꯆꯧꯍꯠ ꯇꯕꯅ ꯌꯧꯗꯍꯕ ꯁꯥꯑꯪ ꯫ ꯅꯂꯨꯍꯃ ꯗꯪꯍꯃ ꯀꯌꯤꯅ ꯆꯧꯃ / ꯗꯪꯍꯃ ꯂꯥꯇꯤꯕ ꯊꯨꯅꯃꯤꯅ ꯅꯂꯤ ꯌꯍꯕꯤꯠꯨꯃ ꯌꯪꯗꯍꯄꯠꯕꯃꯤ ꯅꯠꯨꯄ ꯁꯥꯍꯃ ꯀꯑꯤꯇ ꯆꯧꯑꯕ ꯀꯊꯅꯄꯇ ꯅꯠꯨ ꯃꯃꯥꯈ ꯅꯧꯈ ꯇꯕꯅ ꯌꯧꯕ ꯗꯧꯗꯍꯄꯠꯕꯃꯤ ꯫ ꯅꯠꯨꯕꯨ ꯁꯥꯍꯃ ꯈꯥꯅꯕ ꯑꯍꯃ ꯅꯁꯤꯍꯕ ꯑꯁꯥ ꯑꯥꯈꯇꯧꯅꯌꯨꯃꯆꯪꯊꯌꯃ ꯁꯛꯇꯄꯠꯕꯃꯤ ꯫ ꯆꯪꯊꯌꯃ ꯁꯛꯇꯕꯃ ꯀꯥꯈ ꯊꯥꯅꯃꯕꯄꯤ ꯅꯑꯧꯍꯕ ꯊꯥꯍꯕꯧꯃꯤ ꯫

ꯀꯂꯥꯃ ꯃꯧꯍꯆꯕ ꯌꯥꯕꯃꯤ ꯫ ꯑꯃꯥꯃꯂꯨ ꯃꯅꯄꯤꯠꯀꯅꯌ ꯌꯧꯑꯑꯑꯧꯈ ꯫ ꯑꯃꯥꯄꯨꯍꯕ ꯕꯨꯇ (ꯆꯧꯂꯤꯅ-ꯀꯥꯍ ꯀꯅꯆꯕ ꯀꯤꯅꯧꯈ ꯅꯀ) ꯅꯀꯃ ꯃꯨꯅꯂꯤꯃ ꯅꯀꯂꯨꯅ ꯃꯨꯅꯂꯤꯕꯤꯕꯄ ꯆꯧꯈꯃꯃ ꯇꯕꯅ ꯈꯨꯛꯌꯧ ꯅꯠꯨ ꯌꯥꯅꯑꯃꯤ ꯅꯠꯨꯄ ꯀꯗꯥꯅꯃ ꯑꯃꯥꯕꯨꯂꯨ ꯆꯪꯅꯕꯥꯍꯠ

ꯑꯃꯁꯨꯡꯍꯟꯖꯤꯟꯗ ꯃꯈꯣꯌꯒꯤ ꯃꯆꯥꯛ ꯃꯇꯥ ꯃꯆꯥꯡꯈꯣꯌꯒꯤ ꯫ ꯃꯗꯨꯗ ꯌꯥꯝ ꯑꯃꯁꯨꯡꯍꯟꯖꯤꯟꯅꯕꯗꯤ ꯫ ꯃꯗꯨꯒꯤ ꯄꯨꯔꯤ ꯃꯗꯨꯗ ꯑꯣꯏꯕꯗꯤ ꯫ ꯃꯈꯣꯌ ꯂꯥꯏꯅꯤ (ꯃꯈꯣꯌꯒꯤ) ꯃꯗꯨꯗ ꯍꯥꯌꯗꯕꯒꯤ ꯁꯦꯝꯕꯤꯕꯗꯤ ꯫ ꯌꯥꯏꯐꯕꯒꯤ ꯃꯇꯝꯗ ꯍꯟꯖꯤꯟꯅꯕꯤ ꯫ ꯃꯍꯥꯛꯀꯤ ꯃꯁꯤꯡ ꯃꯆꯥꯛ ꯀꯨꯝꯃꯩ ꯄꯨꯝꯅꯃꯛ ꯫ ꯑꯃꯁꯨꯡ ꯀꯗꯨꯗ ꯌꯥꯝꯅꯕꯗꯤ ꯫ ꯇꯥꯔꯤ ꯇꯥꯗꯨ ꯃꯇꯝ ꯃꯗꯨꯗ ꯍꯨꯏꯅꯕꯗꯤ ꯫

ꯃꯗꯨꯗ ꯍꯨꯏꯗ ꯍꯟꯖꯤꯟꯕ ꯇꯥꯕꯤꯕ ꯋꯥꯍꯩ ꯇꯥꯕꯗꯤ ꯌꯥꯝꯂꯦ ꯫ ꯀꯨꯃꯍꯩ ꯍꯥꯏꯕ ꯂꯥꯏꯔꯤꯛ ꯂꯩꯔꯤ ꯍꯥꯌꯕꯗꯤ :

ꯍꯥꯏꯅꯕꯒꯤ ꯃꯨꯃꯥꯛ ꯇꯥꯕꯤ ꯃꯌꯥꯝ ꯑꯃꯁꯨꯡꯒꯤ

ꯃꯨꯃꯥꯛꯒꯤ ꯃꯗꯨꯒ ꯃꯇꯝ ꯑꯃꯁꯨꯡ

ꯗꯨꯃꯥꯛꯒꯤ ꯃꯂꯦꯝꯕꯤ

ꯀꯗꯨꯗ ꯂꯩꯕ ꯃꯨꯃꯥꯛꯀꯤ ꯫

ꯌꯨꯃꯁꯤꯡ (ꯌꯨꯃꯁꯤꯡ) ꯇꯥꯕꯤꯗ ꯀꯗꯨꯗꯤ / ꯀꯌꯥ ꯃꯀꯥꯏ ꯍꯥꯏꯕ ꯍꯥꯌꯗꯕꯗ ꯃꯌꯥꯝ ꯂꯩꯍꯟꯕ ꯌꯥꯝꯅꯕꯗꯤ ꯀꯗꯨ / ꯇꯥꯛꯂꯕ ꯍꯨꯏꯗ ꯀꯥꯏ ꯇꯥꯕꯤꯗ ꯫ ꯋꯥꯍꯩ ꯑꯃꯁꯨꯡ ꯍꯥꯏꯕꯗ <ꯃꯨꯃꯥ> ꯋꯥꯍꯩ / <ꯌꯥꯝꯅꯕ> ꯋꯥꯍꯩ ꯍꯥꯏꯕ ꯍꯥꯏꯕ ꯃꯗꯨꯗ ꯫ ꯃꯍꯥꯛꯀꯤ ꯂꯩꯕ ꯃꯍꯥꯛ ꯀꯗꯨꯗ ꯃꯍꯥꯛ ꯌꯨꯃꯁꯤꯡ ꯀꯗꯨ ꯀꯥꯏꯕ ꯀꯥꯏꯕ ꯌꯨꯃꯁꯤꯡ ꯃꯍꯥꯛꯀꯤ ꯋꯥꯍꯩ ꯃꯀꯥ ꯃꯍꯥꯛꯀꯤ ꯫ ꯋꯥꯍꯩ ꯌꯥꯝꯅꯕ ꯀꯗꯨ ꯀꯗꯨ ꯃꯍꯥꯛ ꯍꯥꯏꯕ ꯑꯃꯁꯨꯡ ꯍꯟꯖꯤꯟꯕꯗꯤ ꯫ ꯃꯨꯃꯥ ꯃꯀꯥꯏ ꯌꯥꯝꯅꯕ ꯀꯗꯨ ꯌꯨꯃꯁꯤꯡ ꯋꯥꯍꯩꯒꯤ ꯀꯃꯥꯛꯀꯤ ꯃꯗꯨꯗ ꯌꯥꯝ / ꯀꯍꯥꯛ ꯃꯈꯣꯌ ꯃꯀꯥꯏ ꯑꯃꯁꯨꯡ ꯍꯥꯏꯕ ꯀꯃꯗ ꯋꯥꯍꯩ ꯃꯍꯥꯛꯀꯤ ꯍꯥꯏꯕ ꯌꯥꯝꯅꯕꯗꯤ ꯫ ꯀꯍꯥꯛ ꯃꯗꯨ ꯋꯥꯍꯩ ꯃꯍꯥꯛꯀꯤ ꯃꯇꯝ ꯌꯥꯝꯅꯕꯗꯤ ꯫ ꯌꯥꯝꯗ ꯍꯥꯌꯕꯗꯤ ꯌꯥꯝꯗ ꯍꯥꯏꯕ ꯃꯆꯥꯛ ꯃꯍꯥꯛꯗꯕ ꯌꯨꯃꯁꯤꯡ ꯃꯍꯥꯛ ꯀꯃꯗ (ꯌꯥꯝꯅꯕ ꯍꯥꯏꯕ ꯍꯥꯏꯕꯗꯤ) ꯃꯨꯃꯥ ꯋꯥꯍꯩ ꯌꯥꯝꯅꯕ ꯋꯥꯍꯩ ꯗꯨꯃꯥꯛꯗ ꯌꯨꯃꯇꯥꯏꯗꯤ ꯫ ꯀꯤꯃꯈꯣꯌ ꯃꯀꯨ-ꯃꯌꯨ

[illegible] (natural law [illegible]) || [illegible] (dogma) [illegible] || [illegible] (truth) [illegible] (Law of nature) [illegible] (universal law of nature) ||

ꯙꯔꯃꯒꯤ ꯂꯝꯕꯤꯗꯤ ꯄꯨꯛꯆꯦꯜ ꯋꯥꯡꯔꯕ ꯊꯥꯛ ꯅꯤꯄꯥꯟꯅ ꯁꯥꯕ ꯂꯝꯕꯤ ꯈꯧꯋꯤ ‖ ꯄꯨꯛꯆꯦꯜ ꯋꯥꯡꯕ ꯍꯥꯇꯅ ꯈꯧꯔꯨꯕꯒꯤ ꯃꯔꯝꯗꯤ ꯂꯝꯕꯤ ꯑꯁꯤꯗ ꯈꯣꯡꯗꯥꯕ ꯃꯤ ꯑꯗꯨ ꯊꯃꯣꯏ ꯋꯥꯡꯕ (noble hearted), ꯊꯃꯣꯏ ꯁꯦꯡꯕ (saintly) ꯃꯤ ꯑꯣꯏꯕ ꯇꯥꯏ ‖ ꯂꯝꯕꯤ ꯑꯁꯤ ꯇꯥꯡꯈꯛ ꯑꯍꯨꯝ ꯊꯣꯛꯅ ꯈꯥꯌꯗꯣꯛꯅ - ꯁꯤꯂ (morality) ꯁꯃꯥꯙꯤ (concentration) ꯄꯟꯅ (wisdom) ‖ ꯁꯤꯂ ꯑꯃꯗꯤ ꯁꯃꯥꯙꯤ ꯑꯅꯤꯃꯛ ꯋꯥꯡ ꯅꯥꯍꯅ ꯄꯥꯡꯊꯣꯛꯄ ꯑꯁꯤꯅ ꯃꯇꯦꯡ ꯑꯣꯏꯒꯅꯤ ‖ ꯑꯅꯤ ꯑꯁꯤꯒꯤ ꯃꯅꯨꯡꯗ ꯑꯃꯇꯅ ꯅꯨꯡꯗ ꯄꯨꯟꯁꯤꯟꯗꯨꯅ ꯂꯧꯕ ꯑꯃꯣꯛꯄ ꯃꯈꯥꯝ ꯑꯗꯨꯕꯨ ꯍꯦꯡꯇ ꯃꯥꯡꯍꯟꯕ ꯈꯝꯃꯣꯇ ‖ ꯑꯃꯣꯛꯄ ꯃꯈꯥꯝ ꯑꯗꯨ ꯃꯥꯡꯍꯟꯅꯕꯒꯤꯗꯃꯛ ꯑꯍꯨꯝꯁꯨꯕ ꯇꯥꯡꯈꯛ ꯑꯁꯤ ꯂꯧꯁꯤꯟꯈꯗꯕꯅꯤ : ꯄꯟꯅ (wisdom) ꯂꯧꯁꯤꯡ ꯃꯧꯔꯥꯒꯤ ꯃꯇꯦꯡꯅ ꯅꯨꯡꯒꯤ ꯁꯔꯨꯛ ꯂꯣꯏꯅ ꯈꯡꯗꯣꯛꯂꯒ ꯄꯨꯛꯅꯤꯡꯕꯨ ꯁꯦꯡꯗꯣꯛꯄꯅꯤ ‖ ꯁꯤꯂꯥꯒꯤ ꯃꯅꯨꯡꯗꯁꯨ ꯂꯝꯕꯦꯜꯒꯤ ꯊꯥꯛ ꯑꯍꯨꯝ ꯌꯥꯎꯔꯤ ; ꯃꯇꯣꯅ ꯑꯍꯨꯝ ꯑꯗꯨꯗꯤ :-

꯳) ꯁꯝꯃ ꯋꯥꯆ <ꯑꯁꯦꯡꯕ ꯋꯥꯉꯥꯡ> (right speech: purity of vocal action) : ꯑꯁꯦꯡꯕ ꯋꯥꯉꯥꯡ ꯈꯡꯗꯣꯛꯂꯕꯒꯤꯗꯃꯛ ꯈꯂꯥꯒꯨꯝꯕ ꯑꯃꯅ <ꯁꯦꯡꯗꯕ ꯋꯥꯉꯥꯡ> ꯈꯡꯕ ꯇꯥꯕꯅꯤ ‖ ꯃꯤꯕꯨ ꯑꯔꯥꯟꯕ ꯂꯝꯕꯤꯗ ꯄꯨꯂꯕ ꯃꯤꯂꯝꯕ ꯉꯥꯡꯕ / ꯑꯈꯟꯕ ꯋꯥꯍꯧ ꯁꯤꯂꯤꯟꯅꯗꯤꯅ ꯃꯤꯕꯨ ꯊꯃꯣꯜ ꯁꯣꯛꯍꯟꯕ ꯑꯃꯁꯨꯡ ꯃꯤ ꯃꯥꯡꯂꯕ ꯉꯥꯡꯕ / ꯂꯥꯈꯀꯤ ꯁꯥꯗꯨꯅ ꯑꯄꯡ-ꯋꯥ ꯉꯥꯡꯕ / ꯋꯥꯔꯦꯝ-ꯋꯥꯀꯤ ꯄꯡꯉꯥꯡꯅ ꯉꯥꯡꯕ ꯄꯨꯝꯅꯃꯛ ꯈꯤꯟ ꯀꯤꯕꯒꯤ ꯋꯥꯉꯥꯡꯅꯤ ‖ ꯄꯨꯝꯅꯃꯛ ꯑꯁꯤꯗꯒꯤ ꯅꯥꯟꯊꯣꯛꯄꯗꯤ ꯂꯦꯝꯍꯧꯔꯤꯕꯁꯤꯡ ꯑꯗꯨꯗꯤ ꯑꯍꯨꯝꯕ ꯋꯥꯉꯥꯡ ꯑꯣꯏꯔꯛꯄꯅꯤ ‖

꯴) ꯁꯝꯃ ꯃꯝꯃꯇꯥ (right action) purity of physical action ꯑꯈꯕ ꯑꯍꯨꯝꯕ ꯊꯕꯛ : ꯙꯔꯃꯒꯤ ꯂꯝꯕꯤꯗ ꯇꯧꯔꯤꯕ ꯄꯨꯝꯅꯃꯛ ꯋꯥꯉꯥꯡ-ꯁꯥꯉꯥꯡ / ꯂꯝꯆꯠ-ꯁꯥꯖꯠ / ꯃꯤꯠꯌꯦꯡ-ꯅꯥꯀꯣꯡꯒꯤ ꯇꯣꯅꯔꯕꯁꯨ ꯅꯠꯇꯔꯒ ꯄꯨꯛꯅꯤꯡꯒꯤ ꯇꯣꯅꯔꯕꯁꯨ ꯃꯗꯨꯒꯤ ꯑꯈ-ꯈꯠꯇ ꯅꯠꯇꯔꯒ ꯑꯃꯥꯡ-ꯑꯁꯦꯡ ꯑꯣꯟꯅꯕ

ꯆꯍꯆꯣ (yardstick) ꯌꯀ ꯆꯣ ꯫ ꯀꯤꯕꯨ ꯀꯂꯣꯪꯃ ꯃꯥꯃꯕ ꯇꯕꯌꯆ ꯆꯈꯂꯨꯑꯃ ꯀꯤꯕꯨ ꯀꯥꯃꯄꯁꯆꯕ ꯇꯕꯌꯆ / ꯄꯥꯈꯃ-ꯂꯨꯃꯃ ꯂꯣꯕ / ꯄꯨꯑꯥꯁ-ꯅꯤꯁꯇꯤ ꯂꯣꯕ / ꯆꯨꯃꯤ-ꯌꯃꯥꯃꯗ ꯆꯍꯀꯨ- ꯄꯥꯀꯨ ꯂꯣꯕ / ꯆꯨꯃꯥ ꯆꯨꯃꯤ ꯆꯥꯁꯆꯕꯃꯤ ꯇꯕꯃ ꯅꯈꯇꯕ ꯌꯀꯑꯨꯃ ꯃꯆꯥꯆ ꯃꯑꯤꯂꯣꯑꯤꯃꯪ ꯂꯃꯗꯕꯀꯂꯥ ꯆꯑꯥꯨ ꯆꯤꯑꯥ ꯃꯥꯁꯄꯁꯕ ꯇꯕꯃꯑꯤꯃ ꯌꯑꯤ ꯀꯤꯃꯣꯁꯗꯨ ꯌꯀꯥꯃ-ꯌꯂꯥ ꯇꯣꯃꯄꯁꯕ / ꯀꯑꯥꯗꯨ ꯀꯈꯂꯕ ꯌꯀꯥꯃꯕ ꯇꯣꯃꯄꯁꯕ ꯃꯥꯃꯂꯆꯤ ꯫ ꯀꯈꯂꯕꯑꯤꯃ ꯌꯑꯤꯗꯃꯤ ꯆꯥꯁꯇꯣꯃꯂꯨꯆ ꯆꯑꯕꯗꯤ ꯆꯪꯍꯄꯑꯤꯕꯑꯤꯃ ꯌꯗꯨꯗꯤ ꯌꯀꯕ ꯌꯍꯨꯍꯕ ꯇꯕꯃ ꯃꯥꯃꯂꯆꯤ ꯫

꯵) ꯑꯍꯀ ꯌꯆꯤꯄ (right livelihood) ꯌꯍꯨꯍꯕ/ ꯌꯀꯕ ꯃꯨꯁꯑꯤ ꯀꯄꯤꯃ : ꯀꯤ ꯂꯨꯗꯤꯃꯀꯃ ꯀꯑꯥꯨ ꯇꯥꯃꯅꯆꯕ ꯌꯀꯗꯤ ꯀꯂꯥ- ꯇꯥꯕꯑꯤꯃꯨ ꯃꯤꯆ-ꯃꯤꯇꯃꯆꯕ ꯆꯍꯕꯤ ꯂꯑꯗꯤ ꯑꯣꯂꯗꯆ ꯆꯣꯀꯍ ꯇꯣꯂ ꯫ ꯃꯥꯍꯕꯣ ꯌꯗꯨꯆ ꯌꯂꯣꯃꯃ ꯀꯤꯗ ꯌꯀꯥꯃꯕ ꯇꯣꯃꯃꯗꯕ ꯌꯣꯂꯑꯕꯗꯤ ꯀꯗꯨ ꯌꯍꯨꯍꯕ ꯃꯥꯍꯕꯣ ꯆꯈꯂꯨꯑ꯫ ꯫ ꯃꯆꯥꯃꯨꯍꯕ ꯌꯀꯆ ꯀꯑꯥꯀꯃꯆ ꯀꯑꯥꯀꯃꯃꯤ ꯄꯤꯃꯆꯕꯃꯤ ꯃꯥꯍꯕꯣꯨ ꯑꯤꯆꯤꯁꯆꯗꯨꯆ ꯀꯤꯃꯣꯁꯗ ꯇꯣꯂꯗꯣꯃꯃ ꯌꯃꯥꯂ- ꯌꯂꯣꯂ ꯇꯣꯃꯄꯁꯕꯗꯤ ꯂꯣꯗ꯫ ꯌꯗꯨꯨ ꯀꯥꯃꯤ ꯃꯥꯍꯕꯣ ꯌꯗꯨꯆ ꯀꯤ ꯌꯂꯣꯕꯨꯗꯤ ꯀꯈꯂꯕ ꯇꯕꯃ ꯂꯣꯆꯕ ꯃꯨꯃꯆꯤꯃ ꯇꯣꯃꯈꯆꯤ / ꯌꯗꯨꯃꯨꯍꯕ ꯃꯥꯍꯕꯣꯨ ꯌꯍꯨꯍꯕ ꯄꯤꯃꯆꯕ ꯃꯥꯍꯕꯣ ꯌꯣꯂꯗꯑ꯫꯫ ꯂꯨꯗꯍ : ꯂꯨ ꯅꯣꯁꯕ / ꯆꯨꯄꯥꯑ ꯑꯥꯁꯆꯀꯍ ꯆꯤꯃꯂꯈꯃ / ꯂꯨꯆꯨ- ꯂꯨꯆꯥꯂ ꯆꯣꯃꯀꯥꯆꯅꯤꯃ ꯆꯅꯆꯣꯁꯕ / ꯑꯥ ꯌꯄꯤꯃꯕ ꯆꯈꯂꯨꯑꯃ ꯑꯥ ꯃꯃꯂꯨꯆ ꯅꯣꯁꯕ ꯌꯀꯂꯑꯨ ꯌꯍꯨꯍꯕ ꯄꯤꯃꯆꯕꯃꯤ ꯃꯥꯍꯕꯣ ꯆꯈꯂ꯫ ꯫ ꯌꯄꯥꯃꯕ ꯇꯥꯃꯃꯤ ꯑꯤꯁꯀꯍꯗ ꯀꯤ ꯌꯀꯆ ꯌꯂꯣꯃꯃꯑꯤꯃꯨ ꯂꯨꯄꯈꯆꯕ ꯀꯥꯃꯤ ꯃꯣꯈꯃꯨ ꯃꯥꯍꯄꯁꯆꯕꯃꯤ ꯆꯥꯅꯆꯣꯃ ꯅꯈꯇꯑꯕꯗꯤ ꯀꯗꯨ ꯌꯍꯨꯍꯕ ꯄꯤꯃꯆꯆꯕꯃꯤ ꯃꯥꯍꯕꯣ ꯆꯈꯂ꯫ ꯫ ꯃꯆꯥꯃꯨꯍꯕ ꯀꯤ ꯌꯀꯆ ꯀꯅꯥꯍꯃꯤ ꯌꯣꯂꯆ ꯃꯥꯃꯆꯨꯃ ꯌꯀꯃꯤ (ꯑꯀꯥꯆꯃꯤ) ꯀꯤꯌꯣꯂ ꯌꯀ ꯌꯣꯂꯆ ꯀꯑꯥꯃꯤ ꯇꯕꯃꯂ ꯄꯣꯑꯤꯃꯕ ꯌꯀꯑꯨꯃ ꯄꯣꯁꯆꯆꯀꯁꯃꯤ ꯀꯄꯣ ꯌꯗꯨ ꯀꯤꯅꯥꯍꯃꯤ ꯅꯥꯂꯀꯆꯕꯃꯤꯗꯀꯃ ꯃꯥꯍꯄꯁꯕꯃ ꯆꯣꯂꯆꯆ ꯂꯍꯆꯃꯃ

ꯍꯧꯔꯣꯅ ꯑꯔꯒꯤ ꯂꯨꯋꯔꯣꯃꯆ ꯍꯂꯥꯒꯤ ꯑꯍꯔꯤ ꯍꯥꯒꯤ ꯈꯍꯧꯃ-ꯍꯆꯃꯒꯤ ꯇꯤꯃꯆꯕꯒꯤ ꯁꯥꯊꯕꯦ ꯑꯣꯈꯄꯕꯔꯤ ꯍꯔꯧ ꯍꯇꯥꯃꯗꯤꯔꯤ ꯑꯂꯨꯃꯕ ꯇꯤꯃꯆꯕꯒꯤ ꯁꯥꯈꯆꯤ ꯫

ꯍꯊ ꯁꯧꯕ/ ꯈꯄꯊ-ꯄꯊꯕ ꯍꯤ ꯑꯍꯆ ꯍꯂꯥ ꯇꯤꯃꯆꯆꯕ ꯂꯨꯅꯒꯤ ꯍꯌꯦ ꯌꯣꯥꯈ꯫ ꯑꯔꯧꯊꯑꯣꯈꯆꯍꯃ

ꯍꯧꯔꯣꯃ ꯌꯤꯄꯤꯕꯔꯤ ꯑꯂꯤꯆꯤ ꯍꯔꯧꯔꯤ ꯂꯨꯅ ꯌꯣꯥꯋꯕ ꯇꯥꯈꯕ ꯑꯂꯤꯍꯃꯌꯣꯤ <ꯑꯦ> ꯇꯥꯈꯕ ꯆꯥꯁꯅꯒꯤ ꯄꯥꯇꯦ ꯁꯥꯃꯌꯣꯃ-ꯄꯥꯁꯌꯣꯃꯇꯅꯆꯤ ꯇꯥꯈꯕꯔꯤ ꯆꯥꯁꯅ ꯇꯨꯋꯒꯤꯀꯇꯅꯆꯤ ꯫ ꯇꯨꯃ ꯑꯊꯕꯍꯈꯦ ꯁꯦꯂꯤꯋꯆꯕ ꯁꯥꯊꯕꯦ ꯌꯤꯄꯃꯈ ꯫ ꯇꯨꯋꯆ ꯌꯣꯥꯋꯕ ꯑꯊꯔꯕ ꯍꯤꯕꯧ ꯌꯧꯃꯗꯄꯕ ꯍꯤꯀꯄꯨꯃꯆ ꯑꯍꯔꯤ ꯇꯋꯌꯕ ꯍꯤꯀꯄꯨꯃꯆ ꯄꯨꯃꯕ ꯇꯦꯄꯃꯈ ꯫ ꯑꯂꯤꯒꯊꯕ ꯂꯥꯆꯀꯗꯤ ꯍꯑꯣꯃ (ꯄꯥꯈꯅ) ꯑꯂꯤꯆ ꯑꯌꯣꯁꯁꯧ ꯑꯍꯥꯃ-ꯑꯌꯣꯥ ꯌꯣꯃꯇꯅꯆꯤ / ꯍꯂꯥꯕꯧꯂ ꯍꯥꯃꯇꯋꯆꯦ ꯫ <ꯑꯦ> ꯒꯤ (ꯆꯥꯁꯅꯒꯤ) ꯄꯥꯈꯅ ꯗꯋꯈꯀꯆꯃꯁꯒ ꯆꯣꯈꯆꯆ <ꯆꯤꯨꯕꯥꯋꯔꯒꯤ> ꯆꯥꯁꯌꯣꯃꯁꯂ ꯇꯨꯅꯆꯃꯈ ꯫ ꯑꯍꯧꯊꯕ ꯍꯈꯅꯒꯤ ꯑꯣꯈꯕ / ꯇꯤꯃꯆꯕꯒꯤ ꯁꯥꯊꯕꯦꯒꯤ ꯍꯄꯧꯑꯣꯈꯕ ꯍꯂꯃꯌꯤ ꯔꯥꯋ ꯌꯦꯕꯆꯤ ꯫ ꯑꯔꯧ ꯑꯣꯈꯄꯕꯔꯤ ꯍꯥꯆ ꯌꯣꯥꯅꯆꯤꯕ ꯑꯔꯧꯒꯤ ꯗꯥꯋꯆꯕꯧ ꯍꯌꯣꯊꯌꯒꯤ ꯆꯀꯌꯄꯨ - ꯑꯌꯣꯁꯁꯒꯤ ꯗꯥꯋꯆꯕꯂ ꯄꯥꯁꯄꯨ꯫

ꯖꯄꯍꯆ ꯑꯌꯣꯁꯁꯔ ꯑꯍꯥꯃꯕ ꯌꯦꯕ ꯌꯤꯃꯆꯕꯒꯤ ꯁꯥꯁꯌꯥꯃꯌꯍꯃ ꯄꯥꯁꯕ ꯑꯣꯈꯄꯕꯔꯤ ꯍꯔꯧꯆ ꯌꯣꯈꯆ ꯗꯥꯋꯆꯄꯣꯈ ꯫ ꯑꯏꯕ / ꯄꯥꯆꯤꯃꯕ ꯌꯕꯃ ꯌꯦꯕꯔꯒꯤ ꯏꯃꯆꯃꯁ ꯗꯥꯋꯆꯕ / ꯁꯥꯊꯔꯕ ꯏꯀꯌꯕ ꯌꯕꯃ ꯌꯦꯕꯔꯤ ꯌꯣꯃꯆꯃꯁ ꯍꯧꯔꯣꯃꯌꯤꯕ ꯗꯆꯥꯒꯊꯕꯆ ꯍꯂꯥꯆ ꯈꯃꯆꯄꯃꯁ ꯄꯥꯈ ꯆꯀꯌꯄꯒ ꯂꯤꯆꯥꯒꯤ ꯗꯥꯋꯆꯕꯂ ꯍꯈꯣꯈꯕ ꯂꯋꯔꯣꯃꯆꯤꯕꯂꯤꯃ ꯑꯔꯧꯕ ꯌꯥꯆꯕꯔꯒꯤ ꯆꯀꯌꯄꯒ ꯍꯈꯣꯈꯕꯔ ꯁꯃꯆꯤꯃ ꯆꯁꯈꯤꯕꯔꯒꯤ ꯗꯆꯥꯒꯊꯕꯆ ꯆꯦꯂꯤꯅꯆꯤ ꯫ ꯑꯔꯧꯕ ꯗꯆꯥꯒꯊꯕꯔꯤ ꯁꯃꯆꯤꯃꯕ ꯏꯥꯆꯤꯋꯕ ꯑꯊꯔꯕꯔꯒꯤ ꯑꯄꯥꯋꯕ ꯌꯕꯃ ꯑꯔꯧꯊ ꯌꯦꯄꯤ ꯫ ꯍꯄꯊ ꯑꯂꯤꯔꯒꯤ ꯖꯄꯊꯒꯤ ꯑꯆꯤꯂꯕ ꯂꯄꯃ ꯂꯍꯥꯖꯤ (concentration) ꯗꯆꯥꯒꯊꯕꯆ ꯍꯂꯥꯒꯤ ꯁꯃꯆꯤꯃꯕ ꯗꯄꯃ ꯆꯥꯃꯂꯤꯋꯔꯆ

[illegible] (The Noble Eightfold Path) [illegible]

Right effort ([illegible]) [illegible] / right exercise [illegible]

Right awareness, awareness of the reality of the present moment — Samma Sati ([illegible]):

[illegible] (samma sati) [illegible]

[illegible] (natural) [illegible] (sensation) [illegible]

[illegible]

[illegible] (present reality) [illegible] ॥

Right Concentration (samma Samadhi) [illegible] ॥

[illegible] ॥

ꯑꯒꯨ ꯋꯩ-ꯃꯤꯇꯄ / ꯃꯪꯇꯃꯤꯕꯄ ꯅꯐꯥ ꯃꯌꯖꯩ ꯫ ꯃꯩꯈ ꯃꯥꯕꯄꯒ
ꯋꯩꯈꯒ ꯅꯂꯩꯍꯒ ꯄꯃꯥꯄ ꯄꯨ.ꯇꯤ ꯑꯅꯍꯒ ꯊꯥꯃꯤꯕ-ꯊꯩꯔꯥꯒ
ꯆꯩꯌꯂꯨꯄ ꯆꯩꯈꯤꯒ ꯑꯅꯩꯌꯁ ꯅꯔꯥꯍꯒꯨ ꯅꯥꯇꯋꯕꯒ ꯗꯍꯇꯄꯤ
ꯑꯅꯒꯤ ꯑꯃꯪꯇꯒ ꯄꯨꯇꯗꯥꯐꯒꯒꯨ ꯀꯇꯇꯄꯤ ꯑꯈꯥꯕ ꯐꯨꯒꯍꯇꯤ
ꯑꯃꯪꯇꯒ ꯄꯨꯇꯗꯥꯐꯒꯒꯨ ꯫

ꯑꯃꯪꯇꯒ ꯄꯨꯇꯗꯥꯐꯒꯒꯨ ꯄꯐꯩꯐ ꯁꯨꯍꯄꯅꯇꯄ ꯗꯇꯒ ꯑꯩꯐꯈꯃꯄꯨ ꯫

ꯖꯃꯥꯐ ꯁꯥꯕꯒ ꯁꯨꯍꯄꯅꯇ ꯄꯨꯇꯗꯥꯐꯒ ꯑꯩꯐꯈꯃꯄꯨ ꯫

______________*******______________

[illegible]

The Noble Eightfold Path: Panna – received wisdom, intellectual wisdom, experimental wisdom – the kalapa - the four elements – the three characteristics; impermanence, the illusory nature of the ego, sufferings – penetrating through apparent reality.

[illegible] panna (wisdom) [illegible] panna [illegible]

[illegible] (fully enlightened [illegible]) ||

[illegible]

7) Right thoughts (Samma-sankappa) : [illegible] ||

8) Right understanding (Samma ditthi) : [illegible] ||

ꯑꯁꯥꯟꯕ ꯂꯧꯁꯤꯡ (ꯃꯌꯥ) ꯈꯟꯗꯨꯃꯤꯛ ꯍꯩꯅꯤ ꯑꯣꯏꯕ ꯂꯧꯉꯤ ꯱) ꯑꯗꯨꯌꯥꯕꯥ ꯁꯨꯇ-ꯃꯌꯥ ꯃꯌꯥ (suta-maya panna) ꯍꯥꯏꯕ ꯍꯤꯇ ꯑꯣꯏꯕ-ꯁꯥꯟꯕ ꯁꯨꯕ ꯑꯍꯥꯛ ꯂꯣꯏꯉꯤꯟ-ꯂꯣꯏꯁ ꯃꯕꯛꯀꯤ ꯌꯥꯝꯗꯃ ꯂꯧꯁꯤꯡ ꯑꯣꯏꯕꯅꯤ ॥ ꯑꯁꯤꯒꯤꯕ ꯂꯧꯁꯤꯡ ꯑꯁꯤ ꯄꯥꯝꯗ ꯍꯥꯌꯗꯧ ꯑꯃꯁꯨ ꯑꯣꯏꯗꯍꯟ ꯑꯄꯥꯏꯕ ꯂꯧꯁꯤꯡ ꯑꯣꯏꯕꯗꯤꯗ ꯁꯥꯟꯗ ꯍꯥꯌꯗꯕꯛ ꯑꯣꯏꯛ॥ ꯍꯗꯥꯒꯤꯕ ꯑꯍꯗ ꯃꯟꯂ-ꯂꯗꯕ ꯄꯥꯏ / ꯍꯥꯉꯤꯒꯤꯕ ꯂꯗꯕ ꯂꯧꯁꯉꯕꯛ ꯗꯉꯟ ꯁꯥꯛꯗꯤ ꯑꯣꯏꯗ ꯌꯥꯕꯛꯀꯤ ꯑꯣꯏꯕ ꯄꯥꯏ / ꯂꯥꯗꯕꯗ ꯍꯉꯃ ꯑꯣꯏꯁꯨꯗ ꯁꯉꯛ ꯍꯥꯕ/ ꯈꯟꯕ ꯗꯃꯛꯗꯤ ꯑꯣꯏꯗ ꯌꯥꯕ ꯄꯥꯏ ॥ ꯑꯁꯤꯒꯤꯕ ꯄꯥꯌꯣꯁꯤꯟ ꯑꯁꯤꯛꯀꯤ ꯍꯁꯥꯛ ꯑꯣꯏꯕ ꯑꯁꯥꯟꯕ/ ꯑꯍꯨꯝꯕ ꯂꯧꯁꯤꯡ ꯑꯃꯛꯀꯤ ꯗꯔꯁꯥ ॥

ꯂꯧꯁꯤꯡꯒꯤ ꯑꯗꯤꯁꯕ ꯂꯥꯛ cinta-maya panna, intellectual understanding ꯍꯥꯏꯕ ॥ ꯍꯁꯤꯛꯀꯤ ꯁꯥꯉꯕ ꯁꯉꯕ ꯃꯍꯗꯍꯟ ꯍꯛꯄꯥ ꯈꯁꯕ ꯃꯍꯕꯛ / ꯑꯣꯏꯕ ꯄꯥꯕꯛ ꯍꯥꯌꯗꯕꯉ / ꯂꯧꯁꯤꯡꯕ ꯄꯥꯕꯉ ꯑꯣꯏꯕꯗꯌꯤꯟꯕ ꯍꯃꯗ ꯄꯥꯟꯕ ꯑꯍ ꯌꯟꯗꯤ ॥ ꯍꯁꯤ ꯄꯥꯌꯗ ꯍꯥꯌꯗꯕ ꯑꯍꯛꯀꯤ ꯑꯣꯏ ꯑꯃꯕꯕ ꯃꯛꯟ ꯂꯤꯗꯤꯟꯗꯥꯁ ꯑꯣꯏ। ꯍꯉꯍꯛꯀꯤ ꯍꯗꯥꯒꯤꯕꯗ ꯍꯁꯥꯛꯀꯤ ꯄꯥꯌꯣꯃ ꯍꯃꯟ ꯈꯉꯥ / ꯍꯁꯥꯕ ꯑꯁꯤꯟ ꯍꯤ ꯑꯍꯗꯤ ꯑꯣꯏꯗ ꯌꯥꯗꯂꯃꯗ ꯍꯁꯥꯗ ꯌꯥꯄꯂꯤꯕ ꯑꯃꯗ ꯑꯃꯍꯕꯗꯤ ꯑꯣꯏꯗ ꯂꯧꯌꯤꯕ ꯄꯥꯏ ॥ ꯑꯃ ꯑꯣꯏꯉꯕꯛꯀꯤ ꯍꯗꯥꯛ ꯗꯥꯃꯄꯛ ꯌꯍꯌꯉꯥ ꯑꯉꯥꯌ ꯃꯕꯍꯛꯀꯤ ꯂꯥꯃꯗ ꯂꯧꯌꯉꯥ ॥

ꯑꯁꯥꯟꯕ ꯂꯧꯁꯤꯡꯒꯤ ꯍꯗꯥꯄꯛ ꯍꯂꯟꯒꯤ ꯂꯥꯛ ꯑꯍꯛ ꯂꯧꯕꯗꯤ ꯑꯃꯕ bhavana-maya panna ꯑꯣꯏꯕꯗꯤ ꯍꯁꯤꯛꯀꯤ ꯍꯤ ꯍꯁꯥꯛꯀꯤ ॥ ꯑꯁꯥꯟꯕ ꯂꯧꯁꯤꯡꯗꯤ ॥ ꯁꯉ-ꯁꯉꯕꯛꯀꯤ ꯈꯟꯗꯨꯃ ꯂꯧꯁꯤꯡ ꯑꯍꯛꯀꯤ ꯑꯄꯥꯟꯕ ꯂꯥꯛꯍꯤ ꯂꯧꯁꯤꯡ ꯑꯁꯤ ꯃꯛꯗꯤꯟ ꯂꯧꯒꯌꯃ ꯑꯍꯛꯀꯤ ꯂꯉꯂꯤꯟ-ꯂꯉꯁꯛ ꯑꯣꯏꯗ ꯄꯥꯌꯗ ꯍꯥꯌꯗꯧ ॥ ꯑꯃꯉꯑꯣꯏꯗꯍꯛ ꯗꯁ ꯗꯁꯒꯤ ꯌꯟꯄꯥꯟꯀꯤ ꯈꯟꯕ ꯂꯧꯁꯤꯡ ꯑꯃꯗ ꯄꯉꯈꯉꯗꯤ ॥

[illegible] :
[illegible]

[illegible] ;
[illegible] : [illegible] suta-maya panna [illegible] || [illegible] || [illegible]
cinta-maya panna [illegible] || [illegible] || [illegible] bhavana-maya panna [illegible] ||

[illegible] (experiential mnowledge) [illegible] || [illegible] || [illegible] : [illegible] || [illegible] || [illegible] ; [illegible] || [illegible]
(bondage) [illegible] ||

[illegible] || [illegible]

[illegible] (reality) [illegible] (impermanence [illegible]) [illegible] <[illegible]> [illegible]

[illegible] ([illegible]) [illegible] <[illegible]> [illegible] Electric light [illegible]

[illegible] ([illegible]) [illegible]

[illegible] (reality) [illegible] || [illegible] (The Buddha) [illegible] || [illegible] || [illegible] || Physical structure [illegible], material world [illegible] ([illegible] (attha kalapa) subatomic particles [illegible] || [illegible] (particle) [illegible] earth, water, fire, air [illegible] (subsidiary charateristics) [illegible] || [illegible] matter [illegible] || [illegible]; [illegible] trillion times [illegible] || [illegible] material world [illegible] ([illegible]) [illegible] - combustion [illegible] ([illegible]), vibration [illegible] ([illegible]) || [illegible] (confirmed [illegible]) [illegible] || [illegible] (material universe) [illegible]; [illegible] subatomic [illegible] || [illegible] (wisdom [illegible]) intellectual level [illegible] (misery of life [illegible]) [illegible] || [illegible]; [illegible] || [illegible]

[illegible] ([illegible]/ [illegible]) [illegible] ||

[illegible] ; [illegible] anatta [illegible] : [illegible] <no I> [illegible] <no mine> || [illegible] || [illegible] self or soul [illegible] || [illegible] / [illegible] || [illegible] / [illegible], [illegible] ||

[illegible] (experimental wisdom) [illegible] -dukh, suffering ([illegible]/ [illegible]-[illegible]/ [illegible]) || [illegible] / [illegible] || [illegible] / [illegible] / [illegible] / [illegible]- [illegible]

[illegible] ‖ [illegible] ‖ [illegible] ‖

Anicca (impermanenence), Anatta (no I; no mine) [illegible] / [illegible] / dukkha (suffering [illegible]) [illegible] ‖ [illegible] (ultimate reality) [illegible] ‖ [illegible] ‖

[illegible] (integrated) / [illegible] (illusion [illegible]) [illegible] ‖ [illegible] (physical beauty) [illegible] ‖ [illegible] <asubha> [illegible] ‖ [illegible] (ultimate) [illegible] ‖ [illegible]

[illegible]

[illegible] (Vipassana) [illegible] (panna : wisdom) [illegible] subatomic [illegible] (subtler) [illegible] (ultimate truth of mind, of matter, of the mental factor) [illegible] (beyond mind and matter) [illegible] (ultimate truth) [illegible] (sila) [illegible] anapana (awareness of respiration) [illegible] (deeper) [illegible]

[illegible] (liberation) [illegible] ||

[illegible] / [illegible]
[illegible] ||

[illegible] ||

——————*******——————

[illegible]

[illegible]

(Questions on how to practice Vipassana) - [illegible] (law of kamma) _ [illegible] / [illegible] (importance of mental actions) [illegible] (four aggregates of the mind) : [illegible] (consciousness) [illegible] (perception) [illegible] / [illegible] (sensation), [illegible] / [illegible] (reaction) / [illegible] (remaining aware and equanimous is the way to emerge from siffering)

[illegible] ।। [illegible] <[illegible]> (sensation) [illegible] ।। [illegible] ।। [illegible] ।। [illegible] ।।

[illegible] (technique) [illegible] :

[illegible] / [illegible] / [illegible] / [illegible] ? [illegible] / [illegible] ॥ [illegible] ; [illegible] ॥ <[illegible]> [illegible] ॥ [illegible] (technique) [illegible] <[illegible]> [illegible] ॥ [illegible] ॥

[illegible] ॥ [illegible] ॥ [illegible] (nature) [illegible] (aware) [illegible] ; [illegible] ॥ [illegible] ॥ [illegible] ; [illegible] ॥ [illegible] ; [illegible] ॥ [illegible]

ꯃꯩꯇꯩꯂ-ꯃꯌꯦꯛꯅꯤ ꯑꯍꯥꯡꯗꯗ ꯇꯩꯂꯔ ꯑꯍꯛꯆꯦꯃꯦ ||
ꯌꯦꯃꯥꯛꯔꯃꯍ ꯂꯍꯗꯤꯍꯗ ꯗ-ꯗꯩ ꯌꯩꯗ ꯆꯦꯔꯅꯤ ꯛꯅꯤꯋ ꯑꯔ
ꯑꯋꯥꯗꯤ / ꯑꯋꯗ ꯃꯍꯥꯋꯥꯗꯤ / ꯑꯋꯗ ꯂꯥꯋꯥꯗꯤ ;
ꯊꯍꯂꯂ ꯃꯩꯇꯩꯂ-ꯃꯌꯦꯛ ꯃꯍꯅꯍꯂ ꯑꯛꯥꯗꯤ || ꯛꯇꯛ ꯊꯅ
ꯛꯤꯗꯤꯌ ꯊꯛꯦꯛ ꯂꯍꯗꯤꯍ-ꯑꯍꯅꯩꯍ ꯃꯍꯑꯗ ꯅꯍꯂ ;
ꯛꯅꯅꯥꯤ ꯑꯋꯥꯗ || ꯛꯤꯗꯤꯌ ꯊꯛꯥꯤ ꯛꯗꯍꯅ ꯃꯩꯇꯩꯂ-ꯃꯌꯦꯛ
ꯂꯌꯆꯍꯌꯦꯔꯅꯤ ꯛꯃꯩ ꯅꯌꯑꯃꯦ ꯛꯛꯋ ꯛꯛꯋ ꯗꯍꯌꯗ||
ꯛꯑꯍꯥꯤ ꯃꯌꯍꯃꯅ ꯊꯛꯍ ꯑꯋꯗ ꯛꯤꯗꯤꯌ ꯊꯛ ꯆꯅꯗ
ꯅꯍꯂ; ꯊꯦꯃꯔꯅꯤ ꯗꯍꯗ ꯛꯇꯛ ꯊꯅꯅ ꯊꯛꯅꯤ ꯑꯍꯅꯩꯍ
ꯂꯛꯗꯛꯍꯌ ꯑꯍꯑꯍꯗꯗ ꯃꯩꯇꯩꯂ-ꯃꯌꯦꯛ ꯑꯍꯗꯦꯥꯗꯤ ||
ꯛꯇꯛ ꯊꯅꯅ ꯛꯤꯗꯤꯌ ꯊꯛ ꯆꯦꯔ ꯇꯩꯂꯔꯅ ꯃꯩꯇꯩꯂ-ꯃꯌꯦꯛ
ꯆꯔ ꯑꯍꯗꯅꯦꯔꯅꯤ / ꯇꯤ ꯃꯌꯆꯔꯃ ꯇꯤ ꯛꯑꯍꯌ ꯃꯍꯌꯗ
ꯃꯌꯦꯛ ꯇꯩꯂꯔꯦ ꯅꯍꯂ || ꯇꯤ ꯑꯍꯅꯔ ꯛꯇꯛ ꯊꯃꯦꯥꯗ
ꯗꯍꯃꯤꯌꯍꯤ ꯃꯂꯛ ꯇꯩꯂꯔꯦ ꯅꯍꯂ || ꯊꯑꯔ ꯊꯃꯗ
ꯛꯂꯩꯋꯑꯍꯥꯤ ꯊꯃꯔ ꯃꯩꯇꯩꯂ-ꯃꯌꯦꯛ ꯊꯅꯥ ꯃꯍꯃꯍꯗꯗꯔ
ꯅꯍꯆ - ꯌꯂꯗ ꯌꯂꯗ / ꯛꯑꯍ ꯛꯑꯍ ꯗꯃꯗ ꯊꯌꯂꯂ ꯛꯅꯩꯛ
ꯊꯛ ꯃꯌꯦꯛ ꯇꯩꯂꯔ (ꯃꯍꯔ) ꯑꯦꯗꯤ ||

ꯑꯍꯅꯩꯍꯥꯤ ꯛꯇꯛ ꯊꯛꯅ ꯑꯃꯅꯍꯗ ꯊꯍꯋꯔ ꯛꯤꯌꯅꯍ (attention) ꯑꯛꯆꯤꯑꯅ ꯊꯌꯂꯂ ꯛꯇꯛ ꯊꯛꯅ ꯃꯩꯇꯩꯂ-ꯃꯌꯦꯛ ꯊꯛ ꯍꯋꯗ ꯇꯩꯂꯦꯍꯆꯔꯅꯤ ꯑꯩꯋꯗꯥꯤꯅ ꯑꯩꯅꯍꯆꯥ ꯊꯗꯔ ꯊꯅꯅ ꯅꯍꯃꯤꯋꯅꯗ ꯅꯍꯥꯅꯦ ? ꯌꯦꯃ|| ꯛꯑꯍ ꯛꯗꯩꯂ ꯗꯩꯃꯗ ꯊꯅꯛ ꯅꯌꯑ || ꯑꯍꯅꯩꯍꯥꯤ ꯊꯌꯂꯂ ꯛꯇꯛꯅ ꯅꯍꯃꯌꯆꯍꯆꯤꯔ ꯃꯩꯇꯩꯂ-ꯃꯌꯦꯛ ꯑꯤꯍꯗꯔ ꯌꯥꯗ / ꯗꯍꯗ ꯑꯛꯛꯃ / ꯑꯃꯗ ꯛꯅ ꯛꯦꯊꯃꯗ ꯃꯅꯗꯗ|| ꯛꯑꯍ-ꯛꯗꯩꯂ ꯊꯃꯛ ꯅꯌꯑꯦꯍꯂꯅ ꯗꯍꯗ ꯑꯍꯗꯔ ꯛꯌꯛ ꯊꯅꯅ ꯃꯩꯇꯩꯂ-ꯃꯌꯦꯛ ꯃꯅꯤꯍꯛꯍ ꯌꯃꯍ ꯌꯃꯍꯗ ꯇꯩꯂꯔ ꯑꯍꯗꯥꯗꯤ || ꯊꯅ ꯗꯌꯌꯦꯔꯅꯤ ꯛꯅꯤꯋ ꯑꯔ ꯃꯩꯇꯩꯂ-ꯃꯌꯦꯛ ꯃꯦꯅꯛꯍ ꯅꯍꯃꯤꯅꯆꯥ ꯑꯍꯅꯩꯍꯥꯤ ꯛꯇꯛ ꯛꯅꯩꯛ ꯊꯛ ꯅꯤꯑꯅꯗ ꯑꯗꯛꯆꯥ ꯛꯇꯛ ꯊꯛꯅꯥꯤ ꯛꯇꯛ ꯊꯛꯅ ꯅꯍ-ꯅꯍꯅꯗ ꯅꯌꯃꯦꯥꯗꯤ || ꯑꯍꯅꯩꯍꯥꯤ ꯛꯇꯛ ꯃꯅꯤꯍꯅ ꯆꯦꯤꯔ

ꯂꯣꯊꯥꯆ ꯂꯣꯊꯥꯆꯕ ꯑꯥꯗꯥꯖ-ꯁꯌꯣꯍꯑꯤꯟ ꯃꯌꯩꯕ ꯀꯝꯂꯄꯒ ꯃꯐꯨꯌꯌ / ꯃꯌꯦꯆꯕ ꯀꯝꯂꯄꯒ ꯌꯦꯆꯅꯕ ꯈꯔꯦꯟ ꯑꯦꯟꯕ ꯀꯝꯂꯄꯒ ꯈꯨꯑꯤ ꯈꯨꯑꯤꯕ / ꯔꯦꯟꯕ ꯇꯩꯀꯕ ꯀꯑꯥ ꯀꯑꯥꯈꯟꯀ ꯀꯑꯥꯕꯨ ꯂꯍꯕꯤꯒꯀꯤ || ꯈꯄꯍ ꯃꯕꯨꯀ ꯅꯥꯁꯗ ꯅꯣꯁꯅꯕ / ꯁꯣꯁꯀꯟꯕ ꯀꯌꯨꯟꯀꯤꯟ ꯃꯕꯨ ꯈꯗꯍ ꯃꯈꯅꯒꯤ ꯃꯂꯣꯌꯌ ꯈꯗꯍ ꯃꯈꯅ ꯅꯣꯟꯀꯣꯁꯅꯕꯀꯤ ||

ꯐꯣꯟꯂꯒꯤ ꯁꯣꯟ ꯗꯥꯖꯕ ꯇꯟꯅꯥꯟ ꯇꯟꯅꯥꯟ ꯌꯨꯍꯀꯈꯟꯂ ꯌꯨꯟꯀꯤꯟ ꯅꯟꯀ / ꯅꯌꯨꯟꯀ ꯈꯤꯝꯔꯦꯟ ꯑꯥꯅꯕꯅ ꯈꯂꯍ ꯐꯔꯥꯍ ꯅꯟꯕ ꯔꯥꯁ ? ꯈꯥꯁꯔꯣꯟꯀꯒꯅꯩꯄꯤꯕ ꯗꯤꯕꯍ ꯃꯕꯨꯒꯤ ꯈꯂꯨꯟꯁꯆꯀ ꯈꯂꯍ ꯁꯦꯝꯀꯒꯀꯤ || ꯈꯗꯍ ꯃꯈꯅ ꯅꯩꯁꯑꯣꯟꯂꯕ ꯈꯤꯝꯔꯦꯟ (ꯅꯌ-ꯔꯨꯟꯕ ꯈꯤꯝꯔꯦꯟ) ꯑꯥꯅꯕꯀꯤ || ꯀꯑꯥꯀ ꯈꯗꯍ ꯃꯕꯨꯅ ꯑꯥꯗꯥꯖ-ꯁꯌꯣꯍ ꯇꯦꯟ ꯗꯟꯕꯒ ꯈꯗꯍ ꯃꯕꯨ ꯑꯥꯅꯣꯟꯂꯨꯀ ꯈꯥꯟꯅ ꯅꯝꯁꯝꯐꯅꯕꯀꯤ || ꯈꯑꯤ ꯀꯟꯊꯣꯆꯅ ꯌꯤꯕ ꯌꯥꯖꯂꯥꯟꯀꯤ|| ꯀꯑꯥꯒꯤ ꯌꯨꯟꯀꯤꯟ ꯃꯕꯨ ꯈꯂꯤꯟꯅꯥꯀ ꯈꯅꯤꯆ ꯑꯩꯄꯕꯅꯤ ꯈꯗꯍ ꯃꯕꯨ ꯇꯦꯟ ꯔꯩꯕꯒ ꯑꯥꯗꯥꯖ-ꯁꯌꯣꯍꯕꯨ ꯁꯨꯅꯟꯂ ꯁꯟꯒꯀꯤ / ꯀꯑꯥꯀ ꯇꯦꯟꯂ ꯅꯝꯁꯝꯌ ꯔꯥꯒꯀꯤ || ꯈꯑꯤꯒꯤ ꯗꯤꯕꯍ ꯃꯑꯤ ꯇꯟꯅꯥꯟ ꯌꯨꯍꯀꯈꯟꯂ ꯑꯣꯟꯀꯕꯅꯤ / ꯐꯣꯟꯂꯒꯤ ꯁꯣꯟ ꯗꯥꯖꯕ ꯈꯤꯀꯤꯝ ꯂꯄꯥꯅ ꯅꯝꯌ ꯔꯥꯒꯀꯤ || ꯈꯑꯤꯅꯒꯤ ꯇꯦꯆꯀ ꯅꯝꯌꯅꯤ ꯅꯝꯀꯨ ꯇꯥꯁꯄꯨꯕ ꯔꯥꯅꯄꯦ || ꯌꯨꯟꯀꯤꯟꯀ ꯂꯆꯅꯦ- ꯈꯥꯆꯅꯦ ꯂꯩꯄꯕꯅꯤ ꯈꯗꯍ ꯃꯈꯅ ꯑꯥꯗꯥꯖ-ꯁꯌꯣꯍ ꯗꯥꯖꯄꯟꯌ ꯊꯥꯁꯕꯅ ꯈꯤꯀꯤꯝ ꯃꯈꯅꯤ ꯅꯟꯒꯀꯤ || ꯃꯑꯤꯒꯨꯍꯕ ꯗꯤꯕꯍ ꯃꯑꯤꯅꯅꯤ ꯐꯣꯟꯂꯒꯤ ꯁꯣꯟ ꯗꯥꯖꯕ ꯅꯝꯌꯅ ꯈꯤꯀꯤꯝ ꯴꯰ ꯀꯝꯂꯄꯒ ꯌꯨꯟ ꯃꯈꯅꯤ ꯅꯟꯕ ꯔꯥꯁ || ꯁꯨꯝꯐꯣꯁ ꯃꯈ ꯅꯝꯌꯅ ꯅꯟꯕ ꯈꯂꯍ ꯃꯕꯨꯅꯤ ꯑꯣꯁꯀ ꯈꯄꯨ ꯃꯣꯁꯅꯦ || ꯁꯥꯟꯕ ꯐꯆꯕ ꯈꯄꯟꯂ ꯀꯦꯌꯂꯀ ꯑꯕꯟ ꯅꯝꯑꯩ / ꯀꯟ ꯑꯣꯁꯅꯀꯈꯟꯐꯤ ꯈꯥꯁ ꯌꯥꯟꯐꯀꯤ ||

ꯁꯣꯁꯀꯟꯀ ꯔꯦꯟꯒꯅꯕ : ꯈꯗꯍ ꯃꯅꯒꯤ ꯌꯥꯟꯅꯥꯖꯕꯅꯤ ꯐꯔꯥ ꯔꯥꯍꯒꯀꯤ ? ꯁꯆꯅꯤ ꯃꯀꯤ ꯀꯝꯂꯄꯒ ꯁꯆꯅꯤ ꯃꯇꯨꯍ ꯌꯥꯟꯌ ꯇꯟꯅꯥꯟꯒꯤ ꯈꯗꯍ ꯃꯈ ꯀꯩꯄꯣ || ꯃꯕꯨꯅꯒꯤ ꯁꯆꯅꯤ ꯴/ ꯴ ꯀꯣꯍ ꯈꯥꯟꯀꯣꯍꯅ ꯅꯝꯁꯝꯀꯣ / ꯃꯑꯨꯍꯀ ꯂꯩꯒꯅꯕ / ꯁꯂꯗ

[illegible]

[illegible]

[illegible] (framework) [illegible] (path to liberation) [illegible] (ultimate reality) [illegible]

[illegible] ([illegible]) [illegible]

[illegible] (craving or aversion) [illegible] (solution) [illegible] (habit) [illegible] (habit of blind reaction) [illegible] ; [illegible] ||

[illegible] ? (What is a sensation ?) [illegible] : [illegible] ; [illegible] ; [illegible] ; [illegible] ; [illegible] || [illegible] ([illegible]) [illegible]; [illegible] || [illegible] || [illegible] || [illegible]; [illegible] || [illegible] || [illegible] || [illegible] || [illegible] || [illegible]

[illegible] ||

[illegible] (entire law of nature) [illegible] || [illegible] (framework) [illegible] || [illegible] <[illegible]> [illegible] || [illegible] (change) [illegible] (effect) [illegible]

ꯊꯀꯥꯃꯔꯨꯝ ꯆꯥꯗꯅꯒ ꯫ ꯑꯁꯨꯝꯅ ꯃꯔꯝ ꯑꯃꯁꯨꯗ ꯃꯍꯣꯕꯤ ꯑꯔꯣꯀ-ꯑꯌꯝ ꯅꯥꯀꯏꯔꯒ ꯃꯖꯗ ꯃꯖꯗ ꯁꯝꯅꯒ ꯂꯔꯪꯗ ꯑꯃ ꯁꯪꯝꯆꯪ ꯫ ꯑꯇꯧꯂꯂ ꯃꯍꯣꯁꯥꯕꯤ ꯑꯌꯨꯝꯒ ꯑꯃꯁꯨ ꯇꯣꯁꯪꯗ ꯇꯣꯁꯪꯗꯆꯅꯤ ꯃꯔꯝꯏꯕꯤ (cause) ꯃꯇꯨꯗꯀꯋꯅ ꯃꯍꯣ ꯑꯣꯀꯕꯅꯤ ; ꯃꯔꯨꯕꯤ ꯃꯇꯨꯗꯀꯋꯅ ꯆꯍꯣꯁꯨ ꯑꯣꯀꯕꯅꯤ ꯫

ꯍꯥꯔ ꯃꯌꯖ ꯑꯃꯇꯣꯕꯤ ꯆꯣꯒꯥꯗꯇꯣ ꯂꯥꯝꯒꯤ ꯃꯌꯖ ꯑꯅꯤ ꯖꯥꯔꯝꯃꯤ : ꯑꯃꯅ ꯌꯨ ꯂꯥꯝꯒꯤꯅꯤ ꯑꯏꯨꯕ ꯑꯃꯏꯨꯅ ꯅꯤꯝ ꯂꯥꯝꯒꯤꯅꯤ ; ꯌꯨꯅ ꯑꯖꯨꯝꯒ ꯂꯥꯝꯒꯤꯅꯤ ; ꯅꯤꯝꯅ ꯑꯌꯥꯒ ꯂꯥꯝꯒꯤꯅꯤ ꯫ ꯊꯅꯥꯕꯨꯝꯅꯒ ꯍꯗꯒ ꯀꯥꯔ ꯃꯍꯣꯁꯥ (nature) ꯑꯁꯤ ꯑꯃꯏꯅ ꯖꯣꯆꯥꯌ ꯍꯣ ; ꯑꯇꯧꯂꯂ ꯑꯃꯏꯅ ꯇꯣꯝꯖꯤ ꯊꯔꯤꯕꯤꯅꯧ ? ꯇꯣꯁꯪꯗꯒꯏꯤ ꯃꯍꯣꯁꯥꯏꯤ ꯖꯣꯆꯥꯌ ꯍꯣꯒꯨ ꯅꯋꯇꯣꯪ; ꯇꯣꯝꯖꯤꯒꯨ ꯅꯋꯇꯣꯪ ꯫ ꯃꯍꯥꯗꯇꯤ ꯃꯍꯥꯗꯇꯤ ꯑꯇꯣꯥꯒꯤꯕꯤ ꯃꯇꯨꯗꯀꯋꯅ ꯖꯒꯗ ꯇꯣꯆꯒꯅꯤ ꯫ ꯃꯍꯣꯁꯥꯏꯤ ꯀꯔꯝ-ꯔꯝꯅ ꯃꯨ ꯌꯨꯏꯤꯗꯕꯤ / ꯂꯥꯝꯒꯤ ꯌꯨꯏꯤꯗꯕꯤ ꯃꯇꯤꯗꯨ ꯆꯋꯖꯣꯗꯆꯗꯂ ꯊꯝꯅꯒ ꯃꯇꯣꯪꯗ ꯂꯥꯗꯒꯇꯣꯅꯤ ꯫ ꯊꯅꯥꯕꯨꯝꯒ ꯑꯃꯅ ꯑꯖꯨꯝꯒ ꯃꯨ ꯍꯨꯔꯆꯒꯏꯤ ꯂꯣꯋꯖꯣꯗ ꯑꯏꯨ ꯖꯨꯝꯍꯋꯒꯅꯤ; ꯑꯌꯥꯒ ꯃꯨ ꯍꯨꯔꯆꯕꯅ ꯂꯣꯋꯖꯣꯗ ꯑꯏꯨ ꯌꯥꯕꯅꯤ ꯫ ꯃꯨꯅ ꯑꯣꯀꯒꯏꯨ ꯃꯍꯣꯁꯨ ꯑꯣꯀꯕꯅꯤ ꯫ ꯖꯒꯗꯅ ꯑꯣꯀꯒꯏꯨ ꯖꯒꯗꯊꯤ ꯃꯍꯣꯁꯨ ꯑꯣꯀꯕꯅꯤ ꯫

ꯔꯥꯎꯝꯏꯤ ꯑꯁꯤꯅꯤ : ꯊꯅꯥꯕꯨꯝꯒꯏꯤ ꯃꯍꯣ-ꯃꯔꯣꯗ ꯆꯣꯗꯂ ꯃꯇꯣꯝꯏ ꯀꯥꯝꯅ ꯃꯃꯤꯋ ꯃ.ꯅꯥ ꯁꯤꯗꯄꯤ; ꯑꯖꯨꯝꯒ ꯃꯍꯣ ꯂꯥꯝꯃꯤ ; ꯑꯏꯨꯕ ꯃꯨ ꯍꯨꯔꯆꯝꯏꯥꯀꯏꯏꯤ ꯖꯣ-ꯔꯥ ꯀꯁꯥ ꯁꯥꯏꯪ ; ꯑꯌꯥꯒ ꯃꯨ ꯍꯨꯋꯆꯤꯔꯆꯪ ꯫ ꯑꯖꯨꯝꯒ ꯃꯍꯣ ꯂꯥꯝꯃꯒꯏꯤ ꯑꯖꯨꯝꯒ ꯃꯨ ꯑꯏꯨ ꯖꯥꯒ ꯇꯣꯥꯒꯅꯤ ꯫ ꯑꯄꯗꯂ ꯂꯣꯋ ꯑꯃ ꯎꯗꯅꯒ ꯆꯥꯀ ꯌꯨꯔꯝꯒ ꯅꯋꯇꯣꯔꯨꯕ ꯍꯗꯔꯤꯋꯒ ꯑꯂꯥꯝꯒ ꯖꯝꯒꯏꯤ ꯀꯁꯥꯅ ꯀꯁꯥꯒꯨ ꯆꯣꯅꯝ ꯇꯣꯒꯅꯤ ꯫ ꯃꯤ ꯑꯃꯅ ꯃꯍꯣꯁꯥ ꯊꯥꯗꯆꯣꯋ ꯌꯗꯅ ꯍꯤꯗꯕꯏꯒꯅꯤ ꯫ ꯃꯤꯅ ꯃꯁꯥꯕꯤ ꯖꯒꯗ ꯀꯥꯝꯅ ꯔꯪꯗꯁꯤꯋꯅ ꯇꯣꯕꯏꯒꯅꯤ ; ꯃꯔꯝꯏꯤ ꯖꯒꯗꯁꯤꯗ ꯑꯁꯤ ꯍꯨꯋꯅꯒ ꯃꯨꯅꯤ ; ꯃꯌꯧꯀꯕꯤ ꯃꯇꯤꯗ-ꯃꯀꯥꯀꯕꯤ (ꯃꯨꯋꯕꯤ) ꯃꯇꯨꯗꯀꯋꯅ ꯑꯖꯨꯝꯒ ꯅꯋꯇꯣꯔꯨꯕ ꯑꯌꯥꯒ ꯎꯗꯕꯏꯧꯔꯤꯒꯅꯤ ꯫

[illegible] (physical) [illegible] ; [illegible] (vocal) [illegible] (mental) [illegible] || [illegible] (seed) [illegible] || [illegible] (vocal & physical action) [illegible] || [illegible] (Buddha) [illegible] : -

Mind precedes all phenomena: [illegible]

Mind matters most, everything is mind-made: [illegible]

If with an impure mind. : [illegible]

You speak or act,: [illegible]

Then suffering follow you. : [illegible]

As the cartwheel follows the foot of the draft animal.: [illegible]

If with a pure mind. : [illegible]

You speak or act, : [illegible]

Then happiness follows you. : [illegible]

As a shadow that never departs.: [illegible] ||

[illegible] || [illegible] (phenomenon) [illegible] || [illegible]

[illegible] ([illegible]) ; [illegible] ([illegible]) [illegible] ||

[illegible] (vinana) [illegible]; [illegible] (consciousness) [illegible] || [illegible] (sense organs) [illegible] (sense objects) [illegible] || [illegible] (vision) [illegible] ([illegible]) [illegible] / [illegible] / [illegible] || [illegible] || [illegible] (consciousness) [illegible] ([illegible]) [illegible] ||

[illegible] : [illegible] (sanna, perception; [illegible]) [illegible] : [illegible] ; [illegible] || [illegible] ||

[illegible] : [illegible] (sensation) [illegible] || [illegible] / [illegible] / [illegible] / [illegible] ; [illegible]

ꯀꯥꯆꯥꯁ-ꯍꯃꯣꯌ ꯑꯗꯨ ꯊꯄꯇꯥꯕꯟ ꯑꯃꯪꯁꯨ ꯆꯤꯌꯦꯕꯨꯅ ꯃꯪꯁꯟꯨ ꯑꯣꯍꯕꯄꯍ ॥ ꯍꯨꯟꯌ : ꯐꯣꯁꯆꯪꯖ ꯑꯍꯥ ꯆꯥꯄꯆꯪ ꯇꯥꯊꯣꯀꯤꯕꯆꯤ ꯖꯥꯅꯤꯃꯅꯤ ꯇꯥꯊꯣꯀꯤꯕꯆꯤ ꯑꯆꯨꯅꯤꯆꯤ ꯑꯍꯥꯀꯨꯕ ꯍꯥꯆ ꯊꯄꯇꯥꯕ ꯃꯨꯌꯆꯍꯥꯄ ꯑꯃꯪꯁꯨ ꯀꯥꯆꯥꯁ-ꯍꯃꯣꯌ ꯆꯥꯁꯕꯪ ꯆꯤꯌꯦꯕꯨꯅ ꯐꯣꯁꯆꯪꯖ ꯑꯍꯥ ꯆꯥꯄꯆꯪ ꯇꯥꯊꯣꯀꯤꯕꯆꯤ ꯇꯣꯨꯅꯤ ꯇꯥꯊꯣꯀꯤꯕꯆꯤ ꯑꯖꯤꯨꯅꯤꯆꯤ ꯑꯍꯥꯀꯨꯕ ꯍꯥꯗꯨꯆ ꯊꯄꯇꯥꯕ ꯃꯨꯌꯆꯍꯥꯄꯦ ꯆꯨꯕꯂꯥꯍꯦꯨ ꯀꯥꯆꯥꯁ-ꯍꯃꯣꯌ ꯆꯥꯁꯕꯪ ॥ ꯀꯥꯆꯥꯁ-ꯍꯃꯣꯌ ꯊꯄꯇꯥꯕꯟ ꯕꯥꯐꯤꯆꯪ / ꯃꯨꯄꯆꯤꯕꯟ ꯍꯥꯗꯨ ꯆꯥꯁꯕꯪ / ꯃꯨꯄꯆꯤꯕꯅꯤ ꯖꯨꯄ ꯑꯀꯤ ꯨꯪꯟꯆꯥ (sensation) ꯀꯥꯆꯥꯁ-ꯍꯃꯣꯌ ꯕꯩꯇꯤ ॥

ꯑꯗꯨꯟꯅꯤ ꯃꯨꯄꯆꯤꯕꯅꯤ ꯍꯥꯕꯤꯀꯨꯨ ꯦꯥꯕꯕꯄ ꯖꯨꯄ ꯦꯩꯨ ꯊꯩꯕꯪ : ꯀꯁꯐꯕꯥ (reaction, mental formation, ꯂꯥꯄꯐꯤꯨ ꯇꯥꯅꯤ / ꯦꯩꯐꯤꯨ ꯖꯨꯄꯕꯤ ꯃꯥꯁꯍꯨꯌ) ॥ ꯐꯣꯁꯆꯪꯖ ꯑꯍꯥ ꯆꯥꯄꯆꯪ ꯇꯥꯊꯣꯀꯤꯕꯆꯤ ꯖꯥꯅꯤꯃꯅꯤ ꯇꯥꯊꯣꯀꯤꯕꯆꯤ ꯆꯆꯣ ꯑꯃꯪꯁꯨ ꯀꯥꯆꯥꯁ-ꯍꯃꯣꯌ ! ꯍꯥꯗꯨ ꯍꯥꯆ ꯃꯥꯌꯍꯪ : ꯖꯥꯅꯤꯃꯀꯤ ꯑꯂꯄꯃꯆꯤ ! ꯑꯩꯟꯤ ꯊꯪꯁꯆ ꯃꯥꯌꯍꯤ ! ꯆꯤꯌꯦꯕꯨꯅ ꯐꯣꯁꯆꯪꯖ ꯑꯍꯥ ꯆꯥꯄꯆꯪ ꯇꯥꯊꯣꯀꯤꯕꯆꯤ ꯇꯣꯨꯅꯤ ꯇꯥꯊꯣꯀꯤꯕꯆꯤ ꯖꯤꯆ ꯇꯩꯕꯪ ꯆꯨꯕꯂꯥꯍꯦꯨ ꯆꯥꯁꯕꯪ ꯃꯥꯌꯟꯨ ꯊꯩꯕꯪ : ꯍꯤꯇꯩꯗꯨ ꯦꯥꯆꯤꯕꯟꯪ / ꯦꯣꯄꯆꯣ ! ꯕꯥꯔꯥꯌꯕꯤ ꯖꯣꯕ ꯍꯨꯟꯤꯕꯟ ꯖꯩꯟ ꯑꯗꯨ ꯆꯣꯍꯆ ꯃꯃ-ꯍꯥꯁꯆꯆ ꯖꯣꯄꯆꯪ ꯍꯤꯌꯦ / ꯆꯥꯟ / ꯆꯥꯦꯣꯁꯟ / ꯆꯩꯟ/ ꯊꯄꯇꯥꯕꯟ ॥ ꯍꯥꯁꯆꯨ ꯖꯥꯄꯦ /ꯃꯨꯄꯆꯤꯕꯆ ꯇꯥꯐꯖ ꯑꯍꯥ ꯆꯤꯌꯦꯕꯨꯅ ꯑꯆꯤꯕꯨ ꯑꯍꯥ ꯖꯪꯕꯆꯨ ꯍꯦꯌꯟ / ꯍꯦꯩ ꯑꯀꯨꯌꯆ ꯑꯃꯪꯁꯨꯨ ꯑꯣꯍꯕꯨꯀꯨ ꯃꯪꯁꯟꯨ ꯆꯨꯕꯂꯥꯍꯦꯨꯨ ꯑꯣꯍꯕꯨꯀꯨ ꯀꯥꯆꯥꯁ-ꯍꯃꯣꯌ ꯑꯍꯥ ꯊꯄꯇꯥꯕꯟ ꯆꯥꯁꯕꯄꯃ ꯍꯦꯌꯟ ꯃꯥꯌꯍꯤ ꯆꯤꯌꯦꯕꯨꯅ ꯃꯥꯌꯟꯪ ꯊꯥꯍꯨ ꯃꯥꯁꯍꯨꯌ ꯑꯀꯤ ꯊꯪꯄ ꯊꯪꯄ ꯖꯣꯕꯄꯍ। ꯍꯨꯟꯄꯕꯤ ꯑꯃꯥꯌꯨ ꯑꯀꯤꯆ ꯑꯇꯩꯨ ꯑꯃꯥꯌꯨ ꯑꯍꯥ ꯃꯣꯄꯊꯖꯆꯤ; ꯃꯥꯌꯟꯨ ꯑꯀꯤꯆ ꯑꯇꯩꯨ ꯦꯨꯄꯕꯇꯨ ꯑꯍꯥ ꯃꯣꯄꯊꯖꯆꯤ ॥ ꯆꯨ.ꯕꯟ ꯕꯤꯀꯤ ꯕꯤꯨ (ꯃꯁꯗꯨꯆ ꯖꯌꯨ) ꯊꯩꯇꯤ ॥

ꯁꯊꯩ ꯃꯤꯨ ꯑꯀꯪꯕꯨ ꯍꯕꯨꯗꯨ ꯑꯀꯤꯟ ꯆꯩꯕꯪ ; ꯍꯊꯩ ꯆꯕꯊꯁꯅꯟꯨ ꯖꯨꯄꯦꯣ : ꯀꯁꯐꯕꯥ / ꯍꯪꯁꯦꯪꯖ ꯕꯤꯔꯪꯄꯀꯁ

(sankhara : mental reaction) || [illegible]

[illegible] (reaction) [illegible] || [illegible] (strongest impression) [illegible] ||

[illegible] ||

ꯑꯗꯨꯒꯤ ꯍꯤꯡ ꯃꯄꯥꯟ ꯑꯣꯏꯒꯗꯤ (ꯍꯤꯡꯕ ꯑꯗꯨꯒꯤ ꯃꯄꯥꯟ ꯇꯥꯑꯗꯨꯒꯗꯤ) / ꯍꯤꯡꯕ ꯑꯗꯨꯅ ꯃꯄꯥꯟ ꯗꯔꯥꯏ (sankhara) ꯁꯥꯑꯁꯤꯇꯣ ; ꯁꯤꯇꯑ ꯁꯤꯇꯑ ꯍꯦꯟ ꯑꯗꯨꯅ ꯃꯄꯥꯟ ꯂꯩꯕꯥꯏ ꯀꯗꯨ ꯇꯥꯔꯒꯗꯤ ꯫ ꯁꯤꯇꯑꯀ ꯅꯥꯏꯅꯤ ꯑꯒꯤ ꯃꯣꯏ ꯅꯥꯏꯕꯥꯏ ꯇꯣꯏꯕ ; ꯑꯅꯤ ꯁꯤꯇꯑꯃꯤ ꯁꯥꯌꯃꯑꯗꯤ ; ꯍꯗꯨ ꯅꯥꯏ ꯌꯥꯏꯕꯗꯤ ꯫

ꯃꯑꯁ ꯑꯗꯨꯒꯤ ꯗꯑꯇꯔ ꯑꯗꯤ ꯇꯥ:

ꯑꯁꯔꯥ ꯗꯑꯇꯔꯗ ꯀꯑꯗꯤꯑꯒꯤ ꯑꯔꯑ-ꯃꯑꯃ (conscious level ꯒ) ꯔꯑꯅ-ꯃꯑꯃ unconscious level ꯒ) ꯑꯗꯤꯒꯤ ꯍꯥꯑꯌꯇꯥꯅꯁꯅꯇꯀꯇꯃꯑꯁꯗꯤ꯫

ꯍ

ꯁꯗꯗ ꯔꯑꯅ-ꯀꯑꯗꯤꯑꯗ (unconscious mind) ꯁꯑꯃꯑꯗꯗ ꯍꯑꯇꯑꯗꯥꯤꯅꯗꯤꯑꯀ ꯑꯔꯑ-ꯀꯑꯗꯤꯑꯗ (conscious mind) ꯃꯥꯤꯗ ꯔꯑꯅ꯫ ꯔꯑꯅꯅ (ignorance) ꯑꯗꯤꯒꯤ ꯍꯥꯑꯅ ꯔꯑꯅ-ꯃꯑꯌ ꯀꯍꯑ ꯁꯔꯅ ꯍꯑꯍ (reactions) —ꯑꯗꯤꯑꯅ-ꯑꯗꯤꯑꯅꯅ / ꯑꯁꯍ-ꯁꯍꯅ ꯃꯑꯇ ꯫ ꯍꯔꯇꯗ ꯑꯔꯑ-ꯃꯑ ꯑꯥꯑꯁ ꯍꯌꯍꯅꯅꯤ ꯍꯔꯇꯒꯤ ꯍꯁꯑꯒꯅ ꯑꯗꯑꯃꯤ ꯍꯌꯤꯑ ꯃꯅꯇꯤ ꯍꯔꯇꯗ ꯀꯑꯗꯤꯑꯀ ꯗꯍꯁꯌꯇꯤ ꯫ ꯃꯑꯑ ꯑꯗꯤꯗ ꯀꯑꯗꯤꯑꯀ ꯍꯀꯑ ꯅꯗ ꯔꯑꯇ꯫ ; ꯍꯀꯑ ꯅꯗ ꯅꯥ꯫ ꯫ ꯑꯁꯑꯅ (ignorance) ꯃꯑꯇ꯫ ꯫

ꯃꯑꯑ ꯑꯗꯤꯒꯤ ꯑꯗꯤꯗꯅ ꯗꯑꯇꯔꯅꯤ ꯀꯑꯗꯤꯑ-ꯁꯑꯑꯑ ꯍꯑ-ꯁꯅꯗ ꯇꯑ-ꯌꯁꯗ ꯇꯅꯗꯤ ꯫ ꯗꯅꯅ-ꯇꯁꯍ ꯀꯅꯤꯑꯍꯑ ꯁꯑꯃ꯫ꯑꯗꯗ ꯍꯔꯗ ꯔꯑꯅꯑꯁꯗꯤ ꯀꯍꯑ-ꯁꯅꯇꯇꯅꯅꯗꯤ / ꯁꯍꯍꯤ-ꯁꯍꯅ꯫ ꯑꯍꯌ ꯁꯇꯥꯇꯅꯅꯗꯤ ꯫ ꯑꯁꯍꯅ ꯗꯌꯌꯥꯒ ꯁꯍꯅꯅꯒꯤ (craving or aversion) ꯃꯤꯗꯤ ꯗ꯫ꯍꯅ ꯑꯅ꯫ / ꯍꯗꯅ ꯑꯑ-ꯑꯗ / ꯑꯌꯔ-ꯑꯌꯒꯤ ꯍꯑꯑ ꯑꯇꯁꯔꯅ ꯑꯅ꯫ ꯫

[illegible] (reaction [illegible]) [illegible] -(liking, disliking, craving, aversion —-[illegible]) [illegible] ||

[illegible] ||

[illegible] ||

[illegible] ||

__________*******__________

[illegible]

[illegible] (The Four Noble Truths) : [illegible] / [illegible] (suffering), [illegible] (the causes of suffering) [illegible] (the eradication of suffering) [illegible] / [illegible] (the way to eradicate suffering) ——[illegible] / [illegible] (the chain of conditioned arising).

[illegible] || [illegible] || [illegible] ||

[illegible] || [illegible] || [illegible] (reaction) [illegible] || [illegible]

[illegible] ([illegible]) [illegible] ।। [illegible] / [illegible] ।।

[illegible] / [illegible] ; [illegible] ।। [illegible] ?

[illegible] ; [illegible] ।। [illegible] ।। [illegible] ।। [illegible] ।।

[illegible] ([illegible]) [illegible] (fact) [illegible] ।। [illegible] / [illegible] ([illegible]) / [illegible] (noble truth) [illegible] ।। [illegible] / [illegible] ।।

[illegible] (The First Noble Truth) : [illegible] / [illegible] (The truth of suffering) [illegible] ।। [illegible] (The Second Noble Truth) [illegible] ।। [illegible] / [illegible] ।। [illegible] (Eradication of suffering) [illegible] (The Third Noble Truth)

[illegible] (The Fourth Noble Truth) [illegible]

[illegible] (scientist) [illegible] (laboratory) [illegible]

[illegible]

[illegible]

[illegible]

ꯄꯨꯛꯕ ꯑꯃꯁꯨꯕ ꯑꯍꯤꯌꯃ ꯁꯤꯌꯃ ꯁꯤꯌꯃꯗ ꯃꯁꯗꯕ ꯑꯃꯁꯨꯕꯒꯤ ꯍꯥꯛ ꯍꯧꯗ ꯄꯨꯝꯅꯃꯛ ꯑꯃꯁꯕꯒ ꯍꯤꯒꯤ ꯄꯨꯝꯅꯃꯛ ꯍꯧꯗ ꯄꯨꯝꯅꯃꯛ ꯑꯃꯁꯕꯒ ꯍꯧꯃꯕ ꯍꯥꯛꯁꯤ ꯫ ꯍꯗ ꯄꯃꯗꯁꯤ : ꯃꯗ ꯑꯍꯗ ꯍꯌꯗ ꯑꯃꯌꯕ ꯌꯄꯨ-ꯄꯨꯝ ꯑꯍ ꯄꯨꯗꯕ (ꯄꯃꯗꯕ) ꯗꯒꯤꯁꯤꯡ ꯃꯄꯨꯗꯕ ꯌꯄꯨ-ꯄꯨꯝ ꯑꯍꯒꯤ ꯗꯍꯧꯃꯗꯕ ꯃꯍꯗ ꯑꯃꯁꯕ ꯗꯤꯗꯒ / ꯑꯗꯤꯃꯕ ꯑꯃꯤ ꯍꯃꯤꯄꯗ ꯃꯤꯁꯤꯕꯒꯤ ꯍꯥꯛ ꯑꯃꯕ ꯄꯃꯕ ꯍꯤ꯫ ꯑꯌꯁ ꯃꯁꯃꯕꯒ ꯄꯨꯝꯅꯃꯛ ꯃꯛ ꯁꯕꯒ ꯍꯗ ꯄꯃꯗꯁꯤ ꯁꯤꯡꯃꯕ ꯃꯇꯗꯃꯗ ꯍꯧꯃꯕ ꯍꯁꯤꯁꯒ ꯍꯌꯤ ꯍꯃꯗꯒ ꯁꯤꯌꯃ-ꯁꯤꯌꯃꯗꯁꯤ ꯫ ꯃꯃꯤꯃ ꯍꯃꯒ (five aggregates ꯁꯤ) ꯃꯗꯗ ꯗꯃꯌꯗꯕ / ꯁꯗꯕ / ꯃꯌꯕ ꯗꯃꯌꯗꯕ (attachment) ꯃꯁꯤꯕꯒꯤ (ꯗꯤꯕꯒꯤ) ꯍꯤ ꯁꯗꯗꯤ / ꯁꯃꯗꯤ / ꯑꯁꯕꯗꯤ ꯫ ꯁꯃꯗꯗꯤ ꯃꯁꯤ ꯄꯃꯕ ꯁꯄ ꯄꯃꯁꯃ ꯑꯌꯤ (material aggregate ꯑꯌꯤ) <ꯑꯤ> ꯗꯒꯤꯁꯤ / <ꯑꯤꯒꯤ> ꯗꯒꯤꯁꯤ ꯍꯤ ꯑꯄꯗ ꯗꯤꯕ / ꯃꯁꯄ ꯃꯗꯕ ꯗꯒꯤꯕ ꯍꯃꯃ ꯍꯃꯃ ꯄꯃꯤꯗ ꯗꯤꯕ ꯃꯗꯗꯌ ꯗꯃꯌꯗꯕ ꯃꯁꯒꯤꯕ / ꯑꯃꯃꯗꯕ ꯍꯤꯁꯒ ꯗꯤꯕ ꯃꯒꯌꯃ ꯑꯍꯗꯤ ; ꯑꯤꯒꯤ ꯃꯗꯍꯁꯕ ꯑꯍꯗꯒꯤ ꯍꯌꯒꯤ ꯑꯍꯁꯤ ꯑꯄꯗ ꯄꯍꯗ ꯗꯃꯗꯗ ꯗꯤꯗ ꯍꯃꯒ ꯑꯁꯒꯃ ꯃꯌꯕ ꯍꯤꯁꯤ ꯃꯍꯤ ꯫ ꯑꯌꯍꯗ ꯃꯗꯍꯁꯕ ꯑꯍꯗꯒꯤ ꯍꯄꯄꯒꯤ ꯁꯤꯒꯤꯗ ꯄꯃꯗꯤꯕ ꯍꯑꯃ (ꯍꯁꯒ) ꯑꯤꯒꯤ ꯍꯄꯒꯤꯁꯤ ꯃꯃꯗꯤꯃꯒꯤ ꯑꯄꯕ ꯃꯃꯤꯃ ꯍꯤꯤꯒ (Four mental aggregates : consciousness, conception, sensation, reaction) ꯁꯒꯗ ꯗꯃꯗꯕ ꯍꯤꯤ ꯃꯍꯤ ꯑꯍꯌꯃ ꯍꯄꯄꯒ <ꯑꯤ> ; <ꯑꯤꯒꯤ> ꯑꯄꯗ ꯗꯃꯌꯗꯗ ꯗꯤ ꯫ ꯁꯒꯗꯕꯒꯤ ꯍꯁꯃꯄꯗ <ꯑꯤ> ꯑꯍꯌꯃ <ꯑꯤꯒꯤ> ꯄꯄꯕ ꯁꯄꯌꯃ ꯑꯌꯤ ꯌꯗꯗꯒꯒꯕꯗꯤ ; ꯑꯤꯕ ꯃꯃꯤꯃ ꯍꯃꯒ (five aggregate) ꯃꯗꯗ ꯗꯃꯌꯗꯕ ꯃꯍꯤꯕꯒꯤ ꯍꯌꯗ ꯍꯌꯒꯤꯍꯃ ꯁꯗ / ꯁꯃꯃ ꯑꯍꯌꯃ ꯑꯁ-ꯑꯗ (suffering) ꯌꯍꯗꯤꯕꯗꯤ ꯫ ꯁꯗꯕ / ꯗꯃꯌꯗꯕ ꯗꯤꯕꯒꯤ ꯁꯗ / ꯁꯃꯃ / ꯑꯁ-ꯑꯗ ꯗꯤꯕꯗꯤ ꯫ ꯁꯗꯕ ꯄꯗꯒꯒꯗꯤ ꯍꯄ ꯑꯁꯕꯌ ꯄꯗꯒꯃꯗꯤ ꯫

ꯃꯨꯁꯋꯤ ꯑꯋꯤꯅ ꯍꯪꯌ ꯍꯪꯌ ꯊꯣꯌꯐꯨꯔ ꯂꯩꯕ ꯑꯃꯨꯁꯕ ꯔꯃꯋꯤꯁꯗꯨꯔ ꯂꯩꯕ (attachment) ꯈꯐꯇ ꯈꯕꯤꯔꯤ ꯫ ꯑꯍꯥꯁꯕ ꯈꯐꯇꯒꯤ ꯔꯃꯋꯤꯁꯕꯅꯤ (attachment ꯅꯤ) ꯈꯋꯥꯒꯤ ꯑꯃꯥꯄꯕ ꯑꯗꯨꯔꯤ ꯍꯣꯔꯐꯨꯕꯕ ꯑꯃꯥꯄ-ꯔꯤꯏꯋꯤꯒꯤ ꯐꯩꯕꯥꯏꯕ ꯫ ꯃꯨꯌꯔꯤꯏꯅ ꯑꯃꯥꯄꯕ ꯑꯈ ꯃꯣꯌꯂꯌꯃꯅ ꯈꯗꯨ ꯍꯌꯎꯥꯏꯅ ꯉꯥꯖꯕꯌꯃ <ꯋꯥꯉꯥꯖ-ꯊꯃꯣꯄ> ꯒ ꯂꯣꯊꯔꯕꯌꯊ ꯫ ꯑꯕꯨꯕ ꯂꯩꯕꯣꯁꯅ (deep level) ꯐꯥꯏ-ꯘꯄꯅꯕ ꯑꯀꯁꯕ ꯋꯥꯉꯨ ꯑꯈ ꯊꯣꯌꯂꯕꯋꯨ ꯈꯊꯌ-ꯊꯏꯕ ꯂꯩꯕꯣꯁꯅꯅꯤ ꯋꯥꯉꯥꯖ-ꯊꯃꯣꯄ ꯋꯗꯨ ꯃꯥꯄꯔ ꯊꯣꯌꯊ ꯑꯈꯋꯨꯏ ꯑꯋꯨꯄ ꯂꯩꯍꯁꯔꯤꯏꯘꯤ ꯫ ꯑꯋꯤ ꯑꯋꯣꯌꯃꯅ ꯍꯥꯌꯀꯎꯕ ꯐꯣꯛꯃ ꯑꯗꯨꯒ ꯎꯥꯏꯅꯄꯔꯕ ꯐꯥꯊ ꯫ ꯐꯣꯛꯍꯣꯌꯃ ꯑꯗꯨꯔ ꯑꯋꯣꯌꯃꯗꯨ ꯍꯪꯁꯔ ꯋꯣꯌꯍꯁꯒꯔꯤ ꯑꯗꯨꯒ ꯈꯍꯥꯌ ꯑꯗꯨꯔꯅꯤ ꯐꯣꯛꯃꯒꯤ ꯋꯥꯉꯥꯖ-ꯊꯃꯣꯄ ꯑꯗꯨꯅ (sensation ꯑꯗꯨꯅ) ꯃꯪꯁꯒꯔꯤ (ꯔꯨꯏꯘꯥꯊꯒꯔꯤ) ꯫ ꯈꯍꯣꯩ ꯑꯋꯨꯄꯔ ꯑꯃꯥꯄꯕ ꯑꯗꯨ ꯍꯪꯌ ꯃꯪꯇꯍꯁꯕ ꯈꯍꯣꯄꯅ ꯑꯃꯥꯄꯕꯑꯗꯨꯒ ꯂꯣꯊꯔꯔ <ꯋꯥꯉꯥꯖ-ꯊꯃꯣꯄ> ꯑꯗꯨ ꯈꯥꯏꯐꯨꯕꯒꯔꯤ ꯫ ꯑꯋꯨꯄꯔ ꯑꯔꯩꯕ ꯑꯃꯥꯈꯕ ꯑꯈ ꯑꯈꯨꯌ / ꯋꯥꯉꯥꯖ-ꯊꯃꯣꯄ ꯑꯗꯨ ꯎꯛꯊꯗꯨꯔ ꯂꯩꯕ ꯐꯥꯔꯕ ꯊꯣꯌꯂꯌꯀꯔꯤ ꯫ ꯑꯃꯥꯄꯕ ꯑꯗꯨꯅ ꯊꯥꯅꯣꯌꯃ ꯘꯄꯅꯔ ꯂꯥꯊꯎꯨꯕꯑꯣꯊꯔ ꯍꯣꯔꯐꯨꯕꯔꯤ; ꯈꯋꯤꯒꯤ ꯑꯎꯥꯕ ꯑꯗꯨꯋꯨ ꯃꯥꯌꯊꯣꯌ ꯎꯥꯖꯊꯣꯌꯐꯨꯕꯒꯔꯤ ꯫

ꯑꯍꯣꯃꯃ ꯔꯃꯋꯤꯁꯔꯕ (attachment) ꯑꯈꯔ <ꯑꯩ / ꯑꯩꯒꯤ> ꯅ ꯊꯥꯅꯣꯌꯍꯣꯔ ꯔꯃꯋꯤꯁꯗꯨꯔ ꯂꯩꯕ ꯑꯋꯤꯔꯤ ꯫ ꯍꯣꯋꯪꯏꯔ <ꯑꯩ> ꯀꯕꯤꯔꯣ ꯍꯥꯊꯕ ꯑꯗꯨꯅꯤ ꯐꯏꯅꯔ ꯀꯔꯥꯒꯨꯄꯔꯅꯤ ꯈꯥꯒꯤ <ꯑꯩ> ꯒꯤ ꯈꯕꯄꯅ ꯐꯪꯛꯂꯌꯃ-ꯐꯣꯛꯂꯌꯃ ꯑꯈꯅꯤ ꯀꯕꯤꯒꯨꯄꯕ ꯑꯈꯥꯏ-ꯑꯍꯣꯥ ꯊꯣꯌꯕꯇꯂꯌꯃꯗꯨ ꯐꯥꯏꯕ ꯘꯄꯂꯅꯪ ꯫ ꯔꯃꯋꯤꯁꯕꯒꯤ ꯋꯥꯉꯨ ꯑꯋꯤ <ꯑꯩ> ꯅ ꯔꯃꯍꯨꯔ ꯂꯩꯐꯕꯕ ꯃꯣꯛ ꯐꯨꯅꯤꯏꯅ ꯂꯩ : <ꯑꯩꯒꯤ> ꯑꯣꯊꯐꯕꯕꯋꯤꯏꯅꯋꯨ ꯉꯌꯍꯣꯌ-ꯋꯪꯛꯍꯣꯌ ꯐꯥꯅꯕꯈꯐꯩ ꯔꯃꯋꯤꯁꯗꯨꯔ ꯂꯩꯐꯕꯕꯔꯤ ꯫ ꯉꯌꯍꯣꯌ-ꯋꯪꯛꯍꯣꯌ ꯐꯥꯅꯕꯈꯐꯩ ꯔꯃꯋꯤꯁꯗꯨꯔ ꯂꯩꯕꯕ ꯎꯥꯐꯇꯂꯣꯁꯔ (attachment ꯔ) ꯑꯎꯥꯕ ꯀꯕꯤꯋꯨ ꯃꯨꯕꯌꯂꯣꯊ ꯫ ꯑꯩꯒꯤꯔꯤ ꯍꯥꯊꯕ ꯃꯣꯛꯋꯤꯏ ꯑꯗꯨꯁ ꯑꯕꯣꯊ-ꯑꯐꯄ ꯔꯥꯊꯅꯔ ꯈꯍꯣꯄꯒꯤ ꯊꯎꯪꯁꯅ ꯂꯩꯕꯕꯅꯤ <ꯑꯩ>

ꯗꯣ ꯃꯔꯨ ꯑꯁꯤ-ꯑꯌꯥ ꯗꯥꯍꯩꯗ ꯃꯔꯨ ꯑꯍꯕ ꯁꯥꯏꯗꯦꯗꯤ ; ꯃꯔꯨꯕ ꯃꯇꯣꯝꯤ ꯑꯌꯕꯤ ꯃꯁꯥꯏꯄꯗ (natural law ꯗ) ꯗꯑꯃꯔꯤ ꯑꯃ ꯗꯄꯌꯦꯤ ꯑꯃ ꯣꯍꯔꯗ ꯁꯄꯌꯤꯗꯤ ॥ ꯌꯑꯃꯍꯔꯕ ꯃꯄꯌ ꯃꯥꯏꯣꯤꯇꯨꯁꯕꯔꯤ ꯣꯍꯔꯗ ꯑꯁꯕ ꯗꯑꯕ ꯌꯕꯗꯤ ॥

ꯑꯣꯃꯗ ꯃꯗꯦꯥꯕ ꯑꯃꯤꯤ ꯃꯤꯄꯁꯑꯔ ꯑꯃꯔꯤ ꯇꯗꯕꯔ ꯌꯗꯤꯑꯌ ꯖꯁꯕ ꯃꯥꯇꯑꯌꯗ ꯗꯥꯣꯤꯋꯨꯋ ꯗ ꯗꯄꯌꯦꯤ ꯑꯌꯃꯃ ꯃꯗꯦꯥꯕꯗ ꯁꯄꯗꯑꯃꯣ ꯌꯑꯕ ꯁꯥꯏꯗꯔ꯫ ꯑꯃꯔꯤ ꯃꯤꯤ ꯃꯤꯤ ꯌꯁꯋ ꯌꯁꯋꯕ ꯃꯨꯤꯤ ꯃꯨ-ꯣꯑꯕ ꯑꯗꯑ ꯣꯤꯗꯤꯋꯗ ꯇꯍꯕ ꯌꯑꯕ ꯁꯥꯏꯔ꯫ ॥ ꯑꯗꯑ ꯗꯇꯑꯗꯕꯔꯤ ꯃꯨ ꯌꯔꯕ ꯇꯋꯗꯤꯤ ꯑꯣ꯫ꯑꯕ ꯑꯨ ꯁꯕ ꯁꯥꯏꯤꯗꯤ : ꯑꯨꯃꯑꯍꯗꯃꯑ ꯃꯣꯗꯔꯤ ꯃꯨꯤꯤ ꯃꯇꯄꯌ ꯑꯗꯑ ꯑꯨꯤꯤ ꯃꯨ ꯑꯨ ꯇꯔꯑꯃ ꯁꯥꯏꯔ꯫ ꯃꯣꯤꯤ ꯇꯋꯗꯤꯤ ꯁꯌꯇꯔ / ꯃꯣꯤꯤ ꯇꯋꯗ ꯇꯗꯌꯤꯕꯣꯤꯑꯔ ॥

ꯃꯇꯑꯔ ꯑꯌꯃꯃ ꯗꯃꯣꯤꯋꯗꯕ (attachment) ꯑꯃꯗ / ꯁꯄꯗꯕꯤꯤ ꯃꯑꯗꯋ / ꯗꯍꯣꯋ-ꯌꯤꯋꯣꯋ (rituals) ꯑꯃꯣꯑ ꯗꯍꯗꯤꯑ ꯗꯃꯕꯤꯔ ꯇꯗꯕ ꯑꯣꯤꯗꯤ ॥ ꯃꯣꯤꯔꯤ ꯃꯑꯕꯋꯤ ꯣꯑꯗꯋ ꯇꯍꯕꯨꯗꯤ ॥ ꯑꯨꯃꯕꯔꯤ ꯃꯁꯤ.ꯔꯤ (ꯃꯁꯑꯔꯤ) ꯔꯁꯔ꯫ ꯇꯍꯕ ꯃꯣꯔꯤ ꯌꯑꯔ꯫ ॥ ꯃꯣꯔ ꯔꯁꯤꯕ ꯑꯨꯃꯕꯨ ꯇꯑꯇ꯫ꯑꯗꯗ ꯌꯑꯗꯕ ꯗꯃꯕꯤ ꯁꯄꯗꯕꯣ ꯃꯨꯑꯔ ꯃꯤꯣ ꯔꯁꯨꯕ ꯇꯃ ꯇꯃ ꯗꯁꯕ ꯃꯑꯑ ꯑꯨꯤꯤ ꯃꯃꯋꯤꯤ ꯃꯨ (ꯣꯑꯖꯃ) ꯑꯨꯔ ꯗꯃꯣꯤꯋꯨꯗ ꯗ : ꯗꯃꯃꯨꯗ ꯇꯤ ꯁꯤꯑꯗꯕꯤꯃꯕ ꯃꯣꯋꯗ ꯑꯃ ꯇꯑꯇꯋꯨꯗ ꯃꯤꯑꯍ ꯑꯨꯔ ꯑꯁꯕ ꯃꯑꯇꯌꯗ꯫ ॥

ꯃꯋꯣꯤꯤ ꯑꯁ-ꯑꯗ ꯃꯔꯃꯣꯤ ꯃꯋꯗ ꯔ꯫ꯑꯗꯕꯔꯤ ꯃꯌꯍꯤꯤ ꯇꯤꯑꯖꯃꯣꯤ ꯗꯃꯣꯤꯋꯕ / ꯗꯃꯣꯤꯋꯗꯕ / ꯁꯋꯗꯕ / ꯑꯃꯃꯕ ꯃꯤꯤ ꯑꯣꯤꯤ ꯃꯨꯑꯔꯤ ꯑꯃ ꯗꯄꯌꯦꯤ ꯑꯌꯃꯃ ꯑꯃꯔꯤ ꯑꯍꯗ ꯃꯑꯗꯑꯃ ꯁꯤꯗꯤ ॥ ꯑꯨꯃꯕ ꯇꯤꯕꯔ ꯣꯤꯔꯄꯇ ꯤꯌꯃꯗ ꯖꯑꯌꯤꯕ ꯑꯨꯃꯕꯨ ꯑꯣꯤꯗꯤ ॥ ꯑꯁ-

ꯑꯅꯃꯒꯤ ꯁꯔꯥꯁꯗꯒꯤ ꯅꯨꯅ ꯅꯦꯕ ꯍꯕꯏꯗꯨ ꯍꯂꯥ ꯍꯅꯨꯃꯗꯒꯤ ꯇꯨꯆꯣꯃꯅꯕ ꯍꯁꯩ ꯃꯕꯏꯅ ꯑꯃꯃꯇ ꯍꯕꯏꯂꯤꯃ (phenomenon) ꯑꯗꯨ ꯆꯣꯃꯁꯕꯅꯣ ꯀꯃꯅꯕ ꯊꯦꯕꯃꯈꯏ ꯈꯥꯁꯕ ꯃꯨꯏꯆꯗꯨꯅ ꯆꯤꯅꯕ / ꯆꯤꯕ-ꯊꯨꯏꯕꯒꯤ ꯆꯕꯃꯁꯨ ꯑꯂꯨꯏ ꯑꯂꯨꯏ ꯔꯌꯆꯕꯃꯁ ꯫

ꯁꯂꯪꯃ ꯁꯂꯪꯃꯅ ꯇꯨꯋꯂꯤꯒꯤ ꯑꯔꯥ-ꯑꯅꯥ / ꯔꯦꯅꯥ-ꯔꯦꯆꯪꯃ ꯍꯔꯥꯏ ꯅꯥꯁꯅꯥ-ꯁꯤꯋꯅꯥ / ꯑꯊꯝ ꯑꯣꯁꯂꯤꯝꯅꯃꯇ / ꯂꯤꯕ / ꯊꯃꯔꯥꯃ ꯔꯤꯃꯇ-ꯀꯣꯌꯇ / ꯇꯨꯃꯅꯤꯃ ꯅꯨꯃꯃꯥꯁꯁꯕ ꯂꯣꯁꯈꯗꯕꯕ ꯇꯣꯃꯇꯒꯤ ꯍꯊꯦꯅꯤ ꯫ ꯑꯗꯨꯗꯤ / ꯇꯣꯃꯇꯒꯤ ꯍꯕꯏꯗꯤ ꯃꯕꯤꯅꯣ ? ꯁꯂꯪꯃꯕꯍꯃꯁꯤ ꯁꯍꯥ-ꯁꯇꯥ ꯑꯅꯤꯅ ꯇꯨꯋꯅ ꯅꯦꯍꯤꯋꯅꯕ ꯑꯗꯨꯅ ꯂꯣꯁꯈꯗꯕꯕ ꯍꯕꯏꯅꯤ ꯫ ꯇꯥꯃꯆꯣꯃ ꯔꯥꯁꯆꯣꯃꯅ ꯔꯪꯃꯕ ꯍꯤꯌꯔꯪꯃꯗ ꯁꯪꯃꯕꯥꯋꯕ ꯑꯇꯨꯋꯕ ꯈꯥꯁꯕ ꯅꯥꯋꯆꯣꯃꯇ ꯔꯥꯗꯅ ꯔꯥꯁꯕꯤꯕ ꯅꯣꯁꯕ-ꯀꯏꯕ ꯅꯥꯁꯗꯅ ꯅꯦꯅꯕꯒꯤ ꯆꯦꯕꯏꯅ ꯍꯕꯏ ꯑꯣꯁꯕꯒ ꯇꯣꯃꯇ-ꯂꯤꯕ ꯊꯥꯁꯕ ꯆꯦꯕꯏ ꯇꯕꯪꯃ ꯑꯂꯤ ꯑꯣꯁꯕꯤꯕꯅꯤ ꯫ ꯂꯤꯕꯕ ꯍꯁꯏ ꯈꯥꯁꯕꯗ ꯔꯌꯆꯕꯤꯕ ꯆꯕꯃ-ꯆꯦꯕꯏ ꯑꯂꯤ ꯅꯪꯇꯁꯪ ; ꯊꯃꯔꯥꯃ ꯑꯂꯤ ꯑꯂꯨꯏ ꯇꯨꯏꯆꯕꯃꯃꯅꯤ / ꯃꯥꯁꯆꯕꯃꯃꯅꯤ ꯀꯃꯕ ꯃꯏꯕꯒꯤ ꯅꯦꯂꯤꯃ ꯑꯗꯨꯗꯤ ꯇꯣꯌꯂꯃ ꯑꯣꯁꯅ ꯅꯦꯕ / ꯂꯥꯑꯣꯃ-ꯂꯥꯗꯥ ꯅꯥꯁꯕ (material structure) ꯑꯍꯒ ꯍꯕꯤ ꯅꯦꯅꯒꯅꯤ ꯅꯪꯃꯗꯨꯅ ꯅꯦꯒꯅꯤ ꯆꯔꯥꯁ ꯇꯥꯋꯕ ꯑꯣꯁꯅ ꯁꯥꯁꯕꯃ ꯍꯇꯣꯃꯁ ꯇꯣꯃꯀꯕꯒꯅꯤ ꯫

ꯑꯂꯨꯏꯅ ꯍꯆꯃ ꯍꯆꯃ ꯇꯣꯃꯅꯃꯅꯕꯒꯤ ꯆꯦꯕꯏ ꯇꯕꯪꯃ ꯅꯦꯕꯤꯕꯂꯤꯒꯤ ꯍꯕꯏꯕ ꯃꯕꯤꯅꯣ ? ꯃꯅꯥꯒꯏꯕ ꯑꯍꯗ ꯅꯦꯀꯤꯕ ꯆꯍꯣꯁꯗ ꯊꯥꯁꯕꯗꯤ ꯇꯨꯃꯅꯤꯃꯗ ꯊꯃꯁꯨꯅ ꯅꯦꯀꯕꯕ ꯅꯇꯂꯤꯋꯅꯅꯤꯃꯕ / ꯔꯥꯋꯅꯕ / ꯅꯨꯃꯂꯤꯕ ꯆꯍꯣꯁꯒꯤ ꯍꯕꯏꯔꯌ ꯍꯔꯥꯏ ꯑꯂꯤꯅ ꯊꯋꯅ ꯊꯋꯅ ꯇꯣꯃꯇꯒꯤ ꯍꯕꯏꯅꯤ ꯫ ꯔꯣꯃꯅ ꯔꯨ ꯇꯥꯁꯒꯏꯕ ꯑꯃꯋꯕ ꯁꯅꯇ ꯅꯦꯀꯤꯕ ꯑꯗꯨꯅ ꯑꯇꯥꯏ-ꯇꯥꯏꯗꯒꯤ ꯇꯥꯁꯀꯨꯏ (reaction) ꯑꯗꯨ ꯇꯣꯃꯅꯃꯁ ꯫ ꯕꯤꯔꯪꯃꯂꯋ (ꯂꯋꯀꯕꯥ) ꯑꯂꯤꯅ ꯇꯨꯃꯅꯤꯃꯗ ꯑꯊꯃꯇ ꯍꯍꯤ ꯑꯍ ꯁꯥꯊꯝꯅꯤ ꯫ ꯂꯤꯕꯕ ꯍꯁꯏꯗ ꯍꯇꯥꯃꯒꯝ ꯃꯋꯕ ꯂꯋꯀꯕꯥ ꯑꯍꯅ ꯇꯨꯃꯅꯤꯃꯗ ꯍꯥꯃꯅꯤꯋ ꯆꯥꯅ ꯆꯣꯕꯃꯃꯅꯤ ꯫ ꯍꯗꯨꯅ ꯀꯃꯕꯒꯤ ꯁꯔꯪꯝ (flow of

consciousness) [illegible] ||

[illegible] / [illegible] / [illegible] ? [illegible] || [illegible] ; [illegible] / [illegible] ; [illegible] (reaction) [illegible] ? [illegible] || [illegible] ; [illegible] || [illegible] ; [illegible] ? [illegible] || [illegible] (sense object) [illegible] || [illegible] / [illegible] / [illegible] / [illegible] / [illegible] || [illegible] / [illegible] / [illegible] ||

[illegible] (sense organ [illegible]) [illegible] / [illegible] (sense object) [illegible] || [illegible] (five sense organs) [illegible] || [illegible] (consciousness) [illegible] || [illegible] (consciousness) [illegible] || [illegible]

ꯑꯄꯥ-ꯑꯅꯥ ꯑꯣꯁꯃꯂꯅꯕꯒꯤ ꯀꯦꯃꯂꯈꯝ ꯑꯣꯁꯃꯤꯕ ꯁꯄꯥꯁꯕꯒꯤ ꯃꯅꯨꯂ ꯀꯋꯅꯤꯋꯅ ꯇꯦꯃꯤꯕ ꯃꯃꯝꯕꯤ ꯁꯂꯕꯕꯅꯤ (ignorance ꯅꯤ) ꯫ ꯁꯂꯕꯕꯕꯒꯤ ꯌꯦꯕꯣꯂ ꯍꯃꯪꯂ ꯑꯃ ꯌꯣꯃꯂꯁ ꯃꯕꯨꯕꯒꯤ ꯄꯤꯂꯇꯥꯁ ꯗꯄꯥ-ꯗꯄꯥꯒꯨꯝꯇꯕ ꯑꯄꯥ-ꯑꯅꯥ ꯗꯄꯥ ꯗꯄꯥ ꯌꯣꯃꯂꯁ ꯫ ꯑꯍꯂꯕ ꯃꯨꯌꯗꯍ ꯊꯝꯇꯕꯕꯤ ꯑꯄꯥ-ꯑꯅꯥꯒꯤ ꯃꯨꯗꯁꯤꯒꯅꯤ ꯫

ꯃꯍꯤ ꯗꯃꯝꯅ ꯍꯥꯂꯌꯣꯂꯗꯅꯤ ? ꯗꯃꯝꯅ ꯍꯝꯅꯕ ꯍꯃꯪꯂ ꯑꯕꯨ ꯌꯕꯗꯗꯅꯤ ꯫ ꯍꯨꯋꯍꯤꯒꯤ / ꯍꯨꯂꯅꯤꯂꯒꯤ ꯑꯃꯍꯨꯂ ꯀꯂꯄꯥꯂꯒꯤ ꯁꯄꯪꯇ ꯍꯃꯤꯂꯕꯤ ꯀꯥꯋꯅ ꯄꯪꯋꯕ ꯀꯦꯁꯃꯪ ꯫ ꯁꯍꯥꯅ ꯁꯣꯝꯁ ꯍꯤꯕꯣꯂꯄꯕꯅꯕꯤ ꯑꯁꯣꯍꯍ ꯑꯅꯦꯕ ꯄꯥꯇꯝ ꯗꯄꯥꯃꯥꯃꯨꯝ (misery) ꯌꯣꯃꯂꯗꯅꯤ ꯫ ꯃꯍꯥꯃꯂꯍꯨ ꯃꯥꯂꯀꯋꯕꯃꯕꯤ ꯗꯅꯥꯅꯨ ꯍꯥꯇꯥꯁ-ꯁꯍꯣꯝꯒꯤ ꯍꯥꯂꯒꯋꯨꯕ ꯃꯥꯂꯀꯋꯕ ꯊꯝꯃꯣꯁ ꯫ ꯁꯂꯕꯒꯤ ꯁꯌꯤꯇ ꯇꯦꯃꯤꯕ ꯃꯁꯦ ꯃꯃꯤ ꯇꯦꯅꯕ ꯍꯣꯗꯗ (sense object ꯗ) ꯃꯁꯣꯁ ꯃꯁꯣꯁꯒꯤ ꯗꯥꯄꯥꯗꯗ ꯍꯥꯁ ꯍꯥꯁꯅꯒꯤꯅꯤ ꯫ ꯍꯥꯁ ꯇꯥꯁꯅꯃꯤꯃꯁꯦ ꯍꯥꯇꯥꯁ-ꯁꯍꯣꯝ ꯀꯂꯄꯥꯂ ꯃꯨꯂꯕ ꯇꯦꯒꯤꯅꯤ ꯫

ꯀꯦꯇꯤꯂꯁꯤ ꯍꯥꯇꯥꯁ-ꯁꯅꯤꯗꯒꯤ ꯍꯝꯅꯇꯝꯕ ꯍꯃꯪꯂ ꯑꯍꯤ ꯌꯕꯗꯍ ꯄꯥꯃꯪ ꯫ ꯀꯥꯋꯅꯕꯤ ꯍꯥꯇꯥꯁ-ꯁꯍꯣꯝ ꯑꯕꯨꯅ ꯑꯇ-ꯇꯗꯁ / ꯑꯍꯥꯝ-ꯇꯥꯝꯕ ꯍꯥꯁꯨꯝ ꯍꯤꯃꯝꯃꯤ ꯑꯕꯨꯅ ꯑꯍꯥꯝꯕ / ꯍꯥꯝꯕꯕ / ꯑꯄꯥꯕ (craving, aversion, misery) ꯄꯥꯝꯅ ꯍꯣꯂꯀꯗꯇꯝꯃꯤ ꯫ ꯀꯦꯇꯤꯂꯁꯤ ꯃꯕꯨꯒꯤ ꯃꯀꯨꯗꯁ ꯍꯥꯇꯥꯁ-ꯁꯍꯣꯝ ꯑꯕꯨꯕ ꯍꯨꯂꯅꯤꯂ ꯁꯂꯅ ꯍꯥꯄꯪꯂ ꯁꯂꯅ(equanimity ꯒ ꯇꯦꯁꯅꯅ) ꯄꯪꯂꯕ ꯁꯝꯇꯪ ꯫ ꯃꯍꯤꯍꯨ ꯀꯣꯂꯇꯒꯅꯤ ꯫ ꯍꯥꯇꯥꯁ-ꯁꯍꯣꯝꯅ ꯇꯦꯍꯤꯂ-ꯃꯦꯃꯥ ꯑꯕꯨꯕꯒꯤ ꯃꯤꯗꯗꯨꯍꯗꯤ ꯑꯣꯁꯕ ꯗꯨꯁꯕꯕꯒꯤ ꯃꯃꯝꯕ ꯅꯪ-ꯅꯥ ꯁꯥꯅ ꯁꯂꯅꯕꯒꯤ ꯇꯋꯕꯤ ꯍꯤꯃꯒꯅꯤ ꯑꯄꯥꯕꯒꯤ ꯗꯥꯂꯁꯣꯂ ꯇꯪꯍꯀꯗꯇꯒꯅꯤ / ꯃꯥꯗꯦ ꯀꯣꯂꯅ ꯇꯦꯃꯒꯅꯤ ꯑꯃꯥꯋꯕ ꯁꯨꯕꯝꯒꯤ ꯃꯥꯁꯗꯦꯕ ꯫

ꯑꯗꯨꯒ ꯁꯡꯈꯔꯥ (sankhara) ꯃꯑꯣꯡꯒ ꯀꯤꯌꯍꯨꯃꯡ ꯃꯨꯅꯗꯤꯅꯕꯤ ꯗꯨꯀꯥꯊꯅ ꯑꯔꯤꯒ ꯁꯡꯈꯔꯥ ꯇꯣꯔꯅꯍꯗꯤ ॥ ꯀꯅꯨꯕ ꯗꯨꯊꯗꯗ ꯌꯅꯄꯥꯅ ꯀꯨꯗꯅꯅ ꯁꯥꯖꯥꯂ-ꯊꯃꯣꯍ ꯃꯣꯅꯆꯅꯍꯗꯤ ॥ ꯃꯨꯅꯗꯤꯅ-ꯌꯅꯄꯥꯅ ꯊꯅꯗ ꯗꯨꯔꯒꯅꯤ ꯀꯅꯨ ꯀꯥꯅꯈꯤꯕꯗꯤ ; ꯀꯅꯨꯕꯤ ꯀꯌꯨꯌꯡ ꯑꯡꯣꯃꯃ ꯑꯔꯤꯒ ꯑꯃꯥꯍ-ꯃꯥꯍꯅ (sankhara, reaction) ꯍꯥꯈꯌꯆꯅꯍꯗꯤ ॥ ꯑꯁꯨꯍ ꯃꯨꯅꯗꯤꯅ-ꯌꯅꯄꯥꯅ ꯊꯅꯗ ꯌꯅꯄꯥꯅꯕꯤ ꯁꯥꯖꯥꯂ-ꯊꯃꯣꯍꯅ ꯄꯪꯅꯅꯨꯗ ꯗꯨꯔꯒꯅꯤ ꯑꯔꯤꯒ ꯁꯡꯈꯔꯥ ꯑꯅꯨ ꯆꯪꯃꯡꯗ ꯍꯥꯈꯌꯆꯅꯍꯗꯤ ꯑꯀꯁꯨꯅ ꯀꯇꯅ ꯀꯇꯅ ꯑꯀꯕꯤ ꯀꯡꯨꯅꯅ ꯑꯀ ꯄꯌꯈꯤꯕꯗꯤ ॥ ꯈꯅꯅꯒꯅꯕꯤ (ignorance ꯡꯕꯤ) ꯁꯥꯖꯥꯂ-ꯊꯃꯣꯍꯅ ꯑꯃꯥꯍ ꯃꯥꯍꯅ ꯃꯥꯂꯈꯨꯍ ꯃꯤꯔꯒꯅꯤ ꯁꯡꯍꯔꯥ ꯀꯁꯤꯅ ꯌꯪꯡꯕꯌꯆꯅꯍꯗꯤ॥ ꯑꯄꯥ-ꯑꯗꯥꯕꯤ ꯄꯥꯅꯁꯨ ꯌꯪꯡꯕꯌꯆꯅꯍꯗꯤ ॥ ꯑꯅꯨꯒꯨ ꯗꯨꯁꯤꯅ ꯗꯨꯒ ꯌꯪꯡꯕꯌꯌꯡꯅꯨꯗ ꯁꯥꯖꯥꯂ-ꯊꯃꯣꯍꯅ ꯑꯃꯥꯍ-ꯃꯥꯍꯅ ꯃꯥꯂꯈꯨꯍ ꯇꯍꯅꯔꯒꯅꯤ ꯁꯡꯈꯔꯥ ꯀꯇꯅ ꯀꯇꯅ ꯀꯨꯌꯈꯤꯕꯗꯤ ꯑꯄꯥꯒ ꯄꯨꯗ ꯄꯨꯇꯪꯅꯁꯨ ॥

ꯃꯨꯍꯗꯀꯅ ꯑꯁꯤ ꯑꯄꯥ-ꯑꯗꯥ ꯁꯨꯅꯍꯥꯊꯡꯒ ꯑꯀꯁꯨꯅ ꯗꯨꯡ-ꯗꯥꯊꯔꯅꯕꯤ ꯀꯃꯥꯡ ꯇꯥꯅꯆꯅꯆꯒ ꯆꯍꯒꯤꯗꯤ ॥ ꯁꯥꯆꯪꯡ ꯑꯁꯤ ꯡꯨꯒꯅꯕꯤ ꯗꯁꯥꯗ ꯈꯅꯕꯗꯤ ꯑꯗꯨꯒ ꯍꯤꯁꯤ ꯍꯤꯒ ꯡꯣꯅꯆꯕꯗꯤ / ꯑꯔꯤꯒ ꯍꯤꯁꯤꯁꯤꯅ ꯀꯔꯡꯗꯥꯊ ꯇꯥꯅꯈꯔꯕꯗꯤ ॥ ꯑꯗꯨꯒ ꯀꯃꯣꯅ ꯃꯣꯅꯌꯡꯕꯅꯨꯔꯤꯒ ꯑꯗꯨꯒ ꯑꯄꯥꯒꯔꯣꯍꯅ ꯃꯨꯡꯁꯤꯖꯆꯅꯍꯅꯨꯔꯤꯒ ꯁꯡꯈꯔꯥꯒꯨ ꯀꯥꯅꯌꯡꯕꯅꯒ ꯇꯥꯅꯆꯣꯍꯅ ꯗꯅꯗ ꯡꯃꯗ ꯡꯃꯗ ꯄꯅꯁꯤꯖꯆꯕꯗꯤ ॥ ꯀꯍꯥꯡꯗ ꯇꯖꯆꯒ / ꯀꯃꯨꯅ ꯈꯥꯔꯒ ꯑꯔꯥꯡꯒ ꯈꯨꯒꯍꯕꯤ ꯇꯥꯅꯆꯣꯍꯅ ॥

ꯇꯒꯅ ꯑꯁꯤ ꯌꯥꯒꯅ ꯌꯥꯈꯤꯒ ꯃꯨꯡꯁꯤ (ꯀꯃꯣꯅ ꯀꯄꯥꯍ) ꯆꯥꯅꯍꯅꯒ ꯃꯨꯡꯁꯤ ꯈꯅꯅꯣꯅꯍꯅꯒꯗꯤ ꯌꯥꯊꯒꯕꯤ ꯇꯣꯊꯗ ꯀꯇꯨ

[illegible] ॥ [illegible] ((vipassana) [illegible] ॥ [illegible] / [illegible] ॥ [illegible] / [illegible] ॥ [illegible] ॥ [illegible] <[illegible] / [illegible] / [illegible] ॥>

[illegible] ([illegible]) [illegible] ॥ [illegible] (liberation [illegible]) [illegible] ॥

[illegible] ॥

[illegible] ॥

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[illegible]

[illegible] (sensation [illegible]) [illegible] (awareness) [illegible] (equanimity) [illegible] (four elements and their relation to sensations) [illegible] (the four causes of arising of matter) [illegible] : [illegible] / [illegible] / [illegible] / [illegible] (craving, aversion, mental and physical slugginess, agitation, doubt) ||

[illegible] || [illegible] || [illegible] (technique) [illegible] || [illegible] ||

[illegible] || [illegible] ([illegible]) [illegible] ([illegible]) [illegible] ([illegible]) [illegible]

ꯆꯌꯀꯅꯤ ॥ ꯃꯔꯝ ꯑꯁꯤꯗꯒꯤ ꯃꯁꯤ ꯑꯉꯕꯂꯣ ꯐꯋꯅꯕꯒꯤ ꯇꯝꯕꯤꯅꯤ ॥ ꯑꯁꯣꯡꯕ ꯃꯨꯋꯁꯤ ꯃꯁꯛ ꯐꯡꯕ ꯑꯁꯣꯡꯕ ꯎꯕꯛ ꯈꯨꯎꯁꯨꯒꯤ ꯇꯝꯕꯤꯅꯤ ॥ ꯃꯤ ꯈꯨꯗꯤꯡꯃꯛ ꯅꯨꯀꯥ ꯑꯣꯏꯔꯕꯁꯨ ꯅꯨꯀꯤ ꯑꯣꯏꯔꯕꯁꯨ ꯑꯔꯥꯋꯕ ꯈꯨꯕꯝ ꯉꯡꯅꯕ ꯎꯕꯛ ꯂꯩꯒꯗꯕꯅꯤ ॥

ꯄꯥꯍꯩ ꯐꯔꯗꯡꯗ ꯇꯝꯕꯤ ꯇꯣꯏꯅꯃꯛ ꯁꯋꯗꯣꯛꯅ ꯂꯣꯛꯇꯤ:

<ꯁꯋꯐꯔꯥ (suffering) ꯃꯨꯝꯅꯃꯛ ꯂꯨꯡꯊꯣꯏꯗꯕꯅꯤ>

ꯑꯁꯣꯡꯕ ꯅꯡꯒꯤ ꯃꯤꯎꯌꯣꯡꯅ ꯃꯁꯤ ꯐꯡꯕ ꯃꯂꯣꯝꯗ

ꯑꯔꯥ-ꯑꯅꯥꯗꯡꯒꯤ ꯅꯍꯥꯛ ꯅꯥꯋꯎꯣꯛꯇꯕꯅꯤ ;

ꯃꯁꯤꯅꯤ ꯃꯨꯛꯅꯤꯡ ꯁꯣꯡꯗꯣꯛꯅꯕꯒꯤ ꯇꯝꯕꯤ ॥

ꯁꯋꯐꯔꯥ ꯍꯥꯏꯕ ꯄꯥꯍꯩ ꯑꯁꯤꯒꯤ ꯄꯥꯍꯋꯎꯣꯛꯂꯩ ꯃꯨꯛꯅꯤꯡꯒꯤ ꯑꯀꯥꯝ-ꯀꯥꯝꯗꯒꯤ ꯀꯥꯆꯈꯨꯝꯂꯩꯃꯛ (mental reactions ꯂꯩꯃꯛ) ꯅꯎꯂꯣ ; ꯑꯀꯥꯝ-ꯀꯥꯝꯗꯒꯤ ꯃꯍꯩꯁꯤꯡꯁꯨꯅꯤ ॥ ꯃꯨꯛꯅꯤꯡꯒꯤ ꯑꯀꯥꯝ-ꯀꯥꯝꯗ ꯀꯥꯆꯈꯨꯝ ꯈꯨꯗꯤꯡꯃꯛ ꯃꯔꯨ (seed) ꯅꯤ ॥ ꯃꯁꯤꯅ ꯃꯍꯩ (fruit) ꯀꯤꯔꯤꯕꯅꯤ ॥ ꯃꯨꯋꯁꯤꯗ ꯍꯛꯎꯣꯡꯅꯕ ꯈꯨꯗꯤꯡꯃꯛ ꯆꯍꯩꯅꯤ (ꯃꯍꯩꯅꯤ) ॥ ꯊꯅꯥꯒꯨꯝꯕꯅ ꯃꯥꯅ ꯂꯩꯔꯤꯕ ꯎꯕꯡꯊꯤ ꯃꯍꯩꯃꯛꯅꯤ ꯍꯥꯋꯅꯒꯤ ꯅꯎꯂꯣꯔꯒ ꯍꯩꯇꯤꯡꯊꯤ ꯁꯋꯐꯔꯥꯅꯤ ॥ ꯃꯁꯤꯅ ꯍꯋꯗꯣꯛꯇꯤꯕꯗꯤ (ꯍꯥꯏꯔꯤꯕꯗꯤ) ꯑꯁꯤꯅꯤ <ꯎꯣꯛꯇꯛꯀ ꯈꯨꯗꯤꯡꯃꯛ ꯍꯡꯎꯔꯛꯊꯅꯤ ꯃꯗꯨ ꯄꯌꯐꯤꯒꯅꯤ ꯃꯗꯨ ꯃꯄꯣꯎ ꯃꯄꯣꯎ ꯂꯣꯐꯤꯒꯅꯤ> ॥ ꯑꯆꯨꯝꯕ (reality) ꯑꯁꯤ ꯈꯨꯗꯡꯊꯤ ꯑꯣꯏꯕ ꯃꯨꯛꯅꯤꯡ-ꯏꯎꯤꯋꯅ ꯐꯡꯀꯥꯝ-ꯀꯥꯝꯁꯤꯠꯅꯨꯕꯗꯒꯤ ꯇꯩꯁꯤꯠꯇꯕꯁꯨ ꯅꯎꯂꯣꯔꯒ ꯃꯨꯛꯅꯤꯡ ꯅꯨꯀꯐꯤꯕꯗꯒꯤ ꯇꯩꯁꯤꯋꯕ ꯑꯣꯏꯔꯕꯁꯨ ꯅꯎꯂꯣꯔꯒ ꯃꯔꯝ ꯄꯨꯝꯅ ꯐꯡꯕꯗꯒꯤ ꯌꯥꯕ ꯑꯣꯏꯔꯕꯁꯨ ꯃꯗꯨꯅ ꯃꯨꯛꯅꯤꯡꯨ ꯁꯣꯡꯗꯣꯛꯀꯗꯤ ꯂꯩꯔꯣꯏ ॥ ꯍꯛꯄꯥꯛ ꯃꯅꯨꯡꯗ ꯅꯥꯛꯇꯒ ꯄꯎꯐꯤꯕ (ꯊꯥꯐꯎꯇꯝꯇꯒ ꯍꯋꯎꯐꯤꯕ) ꯎꯕꯛ-ꯀꯔꯣꯡ ꯑꯗꯨ ꯍꯛꯎꯣꯡꯅꯅ ꯎꯣꯡꯅꯔꯕ ꯑꯁꯣꯡꯕ ꯎꯥꯛꯂꯣ ꯌꯥꯒꯗꯕꯅꯤ ॥ ꯊꯅꯥꯒꯨꯝꯕ ꯑꯃꯅ ꯃꯁꯥꯒꯤ ꯍꯛꯄꯥꯛ ꯃꯅꯨꯗ ꯌꯣꯡꯕꯗ ꯍꯛꯎꯣꯡꯅꯅ ꯉꯥꯆꯔꯤꯕ ꯍꯛꯄꯥꯛꯒꯤ ꯏꯀꯣꯝ ꯑꯗꯨ (ꯃꯁꯤꯗꯤ) ꯈꯨꯏꯅ ꯇꯩꯕ ꯅꯎꯂꯣ ꯍꯥꯏꯕ ꯉꯡꯇꯕꯗꯤ

ꯍꯕꯂꯕꯂꯤꯁ ꯑꯗꯨ ꯑꯔꯪꯕꯁ ꯂꯩꯔꯤꯕꯅꯤ ꯫ ꯃꯗꯨ ꯃꯔꯥꯃꯕꯄꯤ ꯂꯩꯔꯤꯕ ꯃꯩꯗꯥꯅꯤ ꯫ ꯄꯅꯥꯟꯨꯌꯁꯅ ꯑꯅꯥ-ꯑꯅꯥꯗꯟꯤ ꯅꯥꯆꯇꯣꯕꯂꯤꯁꯔꯤ ꯂꯩꯔꯤꯕ ꯂꯩꯁ ꯑꯔꯤꯅꯅꯤ ꯫ ꯅꯩꯅꯥ ꯅꯩꯇꯪꯕ ꯌꯥꯁꯗꯁꯔꯨ ꯅꯥꯁꯗꯤ ꯅꯥꯗꯣꯍ ; ꯑꯅꯥꯁꯔꯨ ꯂꯩꯗꯣꯍ ꯫ ꯃꯗꯨꯟꯤ ꯃꯇꯨꯀꯁ ꯃꯥꯗꯤ ꯃꯣꯃꯣꯆ ꯃꯣꯃꯣꯆ ꯅꯣꯕꯄꯅꯤ ꯃꯗꯌꯗꯤ ꯃꯗꯨ ꯃꯥꯅ ꯁꯁ ꯊꯌꯂꯁꯅꯤ ꯫

ꯑꯗꯤꯁ ꯃꯨꯕꯅꯤꯕꯟꯤ ꯃꯅꯀꯁꯤ ꯔꯨꯕꯊꯥꯍꯁ ꯑꯃꯪꯆꯁ ꯔꯥꯌꯥꯁ-ꯍꯃꯣꯃꯨ ꯄꯣꯆꯔꯤꯆꯁꯅꯤ ; ꯅꯩꯅ-ꯅꯩꯇꯪꯕ ꯌꯕꯟꯗꯁꯨꯅ ꯍꯆꯇꯣꯕꯄꯗꯁꯅꯤ ꯫ ꯃꯔꯥꯆꯅ ꯑꯔꯤꯗ ꯑꯅꯥꯁꯗꯟꯤ ꯂꯥꯃꯇꯣꯕꯃ / ꯔꯨꯕꯊꯥꯍꯁꯗ ꯃꯥꯍ ꯑꯣꯆꯔꯤꯆꯁ ꯍꯆꯇꯣꯕ-ꯍꯆꯔꯤꯆ ꯑꯔꯤ ꯄꯅꯥꯟꯨꯌꯁꯗ ꯂꯩꯗꯤꯁ ꯃꯍꯩ ꯃꯥꯟꯤ ꯃꯨꯕꯅꯤꯕ ꯍꯗꯥꯕ-ꯂꯥꯕꯟꯅꯤ꯫ ꯃꯥꯟꯤ ꯑꯅꯥ-ꯑꯅꯥ ꯊꯪꯆꯟꯀꯄꯅꯤ ꯫ ꯃꯥꯅ ꯔꯥꯌꯥꯁ-ꯍꯃꯣꯌ ꯑꯗꯨ ꯃꯔꯥꯟꯤ ꯑꯣꯍꯅ ꯅꯪꯕꯗꯁꯨꯅ ꯑꯁꯣꯃꯃ ꯃꯣꯀ ꯑꯃ ꯑꯣꯍꯅ ꯁꯗꯁꯗꯤ ꯃꯨꯕꯅꯤꯕ ꯔꯪꯕꯗꯣꯕꯃꯟꯤ ꯇꯩꯗꯌ ꯃꯇꯕ ꯃꯇꯕ ꯅꯥꯀꯃ ꯊꯩꯗꯁꯅꯤ ꯫ ꯑꯗꯤꯁ ꯃꯅꯀ ꯄꯗꯤꯔꯨ ꯍꯕꯗ-ꯁꯗꯅ ꯊꯪꯕꯁ ꯑꯃꯥꯌ-ꯃꯥꯌꯗ ꯃꯥꯁꯍꯌ ꯃꯤꯁ / ꯑꯅꯥ-ꯑꯅꯥ ꯃꯅꯥ ꯃꯣꯕꯇꯣꯕꯊꯆꯁ / ꯃꯍꯣꯍ ꯑꯔꯤꯁꯨ ꯁꯃꯅ ꯁꯃꯅ ꯃꯃꯥꯕꯟꯊ ꯔꯣꯕꯇꯊꯊꯂꯁꯅꯤ ꯑꯃꯔꯨꯕ ꯄꯥꯍꯇꯊꯊꯂꯁꯅꯤ ꯫ ꯃꯤ ꯑꯃꯅ ꯁꯌꯟꯗꯁꯔꯤ ꯅꯪꯕꯁꯁꯅꯤ ꯫

ꯁꯤꯃꯥꯔꯅꯥ ꯁꯩꯗꯟ ꯄꯅꯥꯟꯨꯌꯁ ꯑꯃꯁꯨ ꯃꯁꯤꯕ-ꯃꯅꯥꯍ ꯅꯌꯁ (dull, lethargic) ꯃꯤ ꯑꯣꯍꯅꯨ ꯊꯥꯍꯁ ꯅꯀꯁꯪ ꯫ ꯅꯥꯄꯣꯍꯅꯅ (passively) ꯑꯁꯣꯃꯃꯔꯤꯕꯨ ꯑꯃꯥꯕꯁ (ꯏꯀꯁꯁ) ꯑꯃ ꯁꯩ ꯊꯥꯍꯗꯨꯅ ꯍꯆꯔꯤꯆꯁ ꯅꯀꯁꯪ ꯫ ꯑꯃꯥꯌ-ꯃꯥꯌꯗ ꯃꯥꯁꯍꯌ ꯃꯤꯅꯨ ꯊꯥꯍꯁꯟꯤ ꯃꯇꯨꯀꯁ ꯇꯁꯕ ꯁꯩꯁ ꯁꯌꯁꯅꯤ ꯫ ꯊꯥꯆꯅꯗꯤ ꯑꯃꯥꯌ-ꯃꯥꯌꯗ ꯃꯥꯁꯍꯌ ꯏꯣꯕꯗꯣꯕꯃꯟꯤ (reaction) ꯃꯨꯆꯔꯤ ꯃꯊꯤꯕꯅꯤ / ꯑꯃꯥꯌ-ꯃꯥꯌꯗ ꯊꯪꯕꯁ ꯁꯀꯇꯣꯕꯃꯗꯤ ꯃꯅꯤꯕ ꯊꯆꯁ (negative) ꯍꯣꯕꯅꯀꯅꯤ ꯫ ꯊꯩꯂꯤꯕꯁꯤ ꯅꯔꯥꯅ ꯃꯑꯣꯕ ꯍꯨꯌꯅ ꯃꯨꯆꯔꯤ ꯂꯪꯆꯁ ꯁꯌꯂꯪ / ꯑꯔꯪꯕꯁ (ꯑꯍꯨꯌꯁ) ꯇꯁꯕ ꯍꯨꯀꯔꯨ ꯔꯨꯗꯨꯅ / ꯁꯤꯆꯂꯕ-ꯄꯥꯍꯂꯕꯗꯅ ꯃꯨꯆꯔꯤ ꯂꯪꯆꯁ ꯁꯌꯂꯪ ꯫ ꯃꯨꯆꯔꯤꯗ ꯍꯨꯗꯣꯕꯇꯤꯁ ꯇꯩꯗꯣꯕ ꯑꯃ ꯇꯣꯕꯃꯗ ꯔꯥꯏꯥꯁ-ꯍꯃꯣꯌꯨ

ꯃꯨꯋꯅ ꯐꯥꯡꯕ ꯃꯤ ꯑꯗꯨꯅꯗꯤ ꯏꯄꯡ-ꯄꯡꯗꯅ ꯂꯥꯡꯊꯣ ꯆꯨꯗꯡꯊꯣ ꯆꯨꯃꯨꯡ ꯂꯋꯕꯗꯤ (react ꯊꯧꯕꯗꯤ) ꯊꯧꯔꯔꯣꯏ ꯫ ꯃꯤꯛꯈꯨꯍ ꯄꯔꯗꯤ ꯇꯧꯗꯨꯅ ꯃꯨꯋꯅ ꯄꯡꯅꯕ ꯐꯥꯡꯗꯨꯅ ꯑꯃꯁꯨꯡ ꯍꯨꯡꯅꯤꯡ ꯖꯩꯀꯗꯨꯅ ꯏꯡꯅ ꯇꯧꯒꯅꯤ / ꯌꯩꯔꯥꯍ ꯇꯧꯒꯅꯤ ꯑꯃꯁꯨꯡ ꯀꯕꯡ-ꯀꯣꯔꯝ ꯄꯋꯅꯒꯅꯤ ꯫ ꯑꯁꯤꯒꯨꯝꯕ ꯀꯕꯡꯊꯣꯤ ꯃꯩꯏꯑꯣꯋ ꯆꯨꯝꯕ ꯂꯩꯏꯕꯗꯨ (positive) ꯑꯣꯏꯔꯕꯅꯤ ; ꯃꯔꯝꯅꯤ ꯑꯗꯨ ꯏꯡꯇꯕ ꯊꯨꯡ-ꯃꯩꯡ ꯐꯥꯡꯅ ꯌꯩꯄꯛ ꯄꯛꯅꯕ ꯈꯣꯡꯊꯣꯒꯤ ꯀꯣꯔꯡꯍ ꯃꯁꯩꯒꯤꯁꯨ ꯃꯊꯥꯡ ꯑꯣꯏꯔꯒꯗꯕ / ꯃꯤꯒꯨꯁꯨ ꯃꯊꯥꯡ ꯑꯣꯏꯔꯒꯗꯕ ꯑꯖꯕ ꯍꯨꯔꯡꯈꯅꯕ ꯀꯕꯡ ꯑꯣꯏꯒꯅꯤ ꯫

ꯈꯅꯩꯒꯨꯝꯕꯅ ꯃꯩꯒꯤ ꯅꯨ.ꯡꯗꯅ ꯀꯣꯡꯅꯤꯕ (ꯈꯩꯔꯡꯅꯤꯕ) ꯍꯨꯡꯅꯤꯡ ꯑꯃꯁꯨꯡ ꯂꯡꯆꯩꯡꯒꯤ ꯑꯣꯏꯕ ꯑꯉꯡ-ꯑꯉꯡꯍ ꯁꯡꯇꯣꯋꯁꯤꯡꯁꯤ ꯊꯣꯍꯅ ꯊꯣꯍꯅ ꯐꯥꯡꯕ ꯊꯣꯝꯅꯤꯉꯧꯗ ꯃꯩꯒꯤ ꯈꯩꯔꯡꯅꯤꯕ ꯑꯍꯩꯝꯕ ꯍꯩꯝꯗꯕ ꯂꯋꯅ ꯆꯨꯛ ꯀꯩꯔꯝꯗꯅ ꯃꯍꯩꯋ ꯀꯣꯔꯡꯇꯕꯅꯤ ; ꯃꯔꯝꯗꯤ ꯃꯂꯩꯡ ꯍꯡꯕꯗꯒꯤ ꯑꯣꯏꯕ ꯑꯃꯝꯕꯗꯒꯤ ꯅꯩꯋꯀꯣꯡꯇꯥ ꯫ <ꯑꯍꯩꯝ-ꯍꯩꯝꯗ ꯍꯩꯓꯆꯨꯝ> ꯍꯤꯕ ꯂꯩꯏꯕ ꯂꯧꯅꯕꯤ ꯃꯌꯛ ꯑꯁꯤꯗꯤ ꯑꯍꯡꯕꯗ ꯐꯨꯝꯍꯝ ꯑꯣꯏꯕꯅꯤ ꯫ ꯅꯨ.ꯡꯗꯅ ꯇꯧꯕ ꯑꯆꯨꯝꯕꯕꯨ ꯁꯨꯡꯓ-ꯓꯗꯔꯕ (ꯂꯡꯀꯥꯡꯅꯅ ꯄꯡꯗꯔꯤꯕ) ꯃꯤꯑꯣꯏ ꯑꯃꯅꯗꯤ ꯑꯩ-ꯅꯨ.ꯒꯤ ꯑꯔꯨ.ꯕꯗ ꯈꯔꯤ ꯀꯣꯡꯍꯒꯥ ꯄꯡꯗꯥ ꯫ ꯍꯨꯡꯅꯤꯡ ꯇꯩꯡꯊꯣꯡꯅꯕ ꯍꯣꯡꯂꯋꯗꯨꯅ ꯑꯌꯩ-ꯑꯅꯩ ꯀꯣꯡꯂꯛꯅꯤꯕ ꯑꯍꯩꯝꯕ-ꯄꯧꯔꯩꯡꯕ ꯑꯃꯗꯤ ꯍꯩꯝꯗ-ꯊꯨꯈꯆꯕꯗ ꯈꯔꯝꯅ ꯆꯨꯃꯨꯡ ꯂꯛꯅꯤꯕꯒꯥ (react ꯊꯧꯔꯤꯕꯒꯥ) ꯂꯩꯏꯕ ꯑꯗꯨꯁꯨ ꯄꯡꯗꯥ ꯫

ꯇꯨꯔꯤꯕꯗꯤ ꯍꯨꯡꯅꯤꯡꯅ ꯂꯡꯆꯩꯡꯗꯒꯤ ꯊꯨꯡꯈꯣꯏꯗꯕ ꯂꯥꯛꯅꯤ ꯫ ꯍꯨꯡꯅꯤꯡꯒꯤ ꯑꯣꯏꯕ ꯀꯕꯡ ꯍꯔꯥꯡ ꯑꯁꯤ ꯑꯁꯨꯡꯈꯤ ꯃꯊꯤꯡ ꯀꯨꯄꯔꯥ ; ꯑꯁꯨꯝ ꯊꯧ ꯂꯩꯏꯕꯗꯨꯅ ꯊꯣꯝꯔꯤ-ꯊꯣꯩꯡꯍꯤꯗꯔꯕꯗꯤ ꯈꯅꯩꯅꯁꯨ ꯃꯩꯒꯤ ꯃꯊꯨꯡ ꯏꯋꯕ ꯉꯝꯗꯥ ꯫ ꯑꯆꯨꯝꯕꯗꯤ (reality ꯗꯤ) ꯄꯡꯗꯅ ꯈꯅꯩꯒꯨꯝꯕꯅ ꯑꯔꯩꯋꯕ ꯇꯝꯅꯤꯡꯒꯤ ꯃꯄꯩꯗ ꯃꯍꯩꯋꯒꯤ ꯍꯣꯛꯁꯡ ꯆꯨꯗꯝ ꯑꯣꯏꯅ : ꯁꯡꯖꯝꯗ (vision), ꯄꯣꯋꯅꯥꯋꯗ / ꯃꯂꯩꯓꯗ ꯑꯁꯤꯅꯌꯤꯡꯕꯗ ꯆꯨꯃꯨꯡ ꯂꯛꯅꯤ (react

[illegible] (subtler) [illegible] (reality) [illegible] (sense organ) [illegible] (sense object) [illegible] (sense organ) [illegible] (vibration) [illegible] (perception) [illegible] (conditionings) [illegible] (react [illegible]) [illegible] (sensation) [illegible] (missing link [illegible]) [illegible] (process) [illegible]; trillion times [illegible] ||

[illegible] sensation) [illegible] (level of sensation) [illegible]

[illegible] (craving and aversion) [illegible] (unique element) [illegible]

[illegible]

[illegible] ||

[illegible] (kalapa) [illegible] (subatomic particle) [illegible] (element) [illegible] || [illegible]; [illegible] (liquid, water element) [illegible] (gas, air element); [illegible] || [illegible] (subtler level) [illegible] || [illegible] (field) [illegible] || [illegible] || [illegible] || [illegible] (particle) [illegible] (kalapa) [illegible] || [illegible] || [illegible] (element) [illegible] / [illegible] (particle) [illegible] || [illegible] (fire element [illegible] particle) [illegible]; [illegible] || [illegible] || [illegible] / [illegible] (react

ꯌꯩꯂꯤ) ꯫ ꯑꯅꯩꯕ ꯑꯂꯥ-ꯑꯅꯥ ꯃꯣꯑꯄꯇꯅꯤ ꯫ ꯁꯨ.ꯃꯤ ꯅꯩꯂꯤꯑ (wisdom) ꯅꯩꯕꯕꯔꯤ ꯍꯂꯥꯅ ꯌꯑꯃꯅꯤ ꯂꯥꯏꯥꯁ-ꯍꯃꯣꯐ ꯆꯣꯕꯑꯃꯂꯤ ꯈꯅꯥꯃꯥꯅꯅꯤ (subatomic particle ꯅꯅꯤ) ꯫ ꯍꯌꯣꯍ ꯑꯂꯤ ꯍꯤ ꯑꯣꯍꯅ ꯅꯩꯕ ꯅꯀꯌꯣꯪ / ꯃꯣꯀ ꯑꯍꯃꯨꯐꯅ ꯅꯩꯕꯅꯤ ; ꯍꯂꯑ-ꯍꯑꯣꯑ ꯄꯣꯑꯅ ꯄꯣꯑꯅ ꯆꯣꯑꯃ ꯑꯖꯑꯃ ꯃꯣꯀꯅꯤ ꯅꯣꯍꯅ ꯍꯥꯑꯌꯤꯃꯅꯤ / ꯅꯣꯍꯅ ꯂꯀꯌꯤꯃꯅꯤ ꯫ ꯅꯩꯂꯤꯑ ꯑꯂꯤ ꯅꯩꯕꯕꯔꯤ ꯈꯅꯥꯅꯂꯨ ꯂꯥꯏꯥꯁ-ꯍꯃꯣꯐ ꯑꯍ ꯍꯥꯍꯔꯣꯑꯅꯕ ꯍꯌꯐꯔ ꯍꯂꯥꯃꯤ ꯃꯨꯑꯅꯤꯑꯃꯤ ꯑꯁꯨꯐ-ꯑꯕꯥꯎ ꯏꯤꯕꯪꯃ ꯍꯥꯑꯅꯣꯍ ꯫

ꯈꯅꯥꯃꯨꯐꯕ ꯑꯍꯅ ꯍꯂꯥꯕꯨ ꯑꯂꯨꯐ ꯔꯪꯑꯔꯨꯅ ꯅꯩꯕꯤꯖꯩꯔ ꯈꯅꯥꯃꯥ (kalapa) ꯈꯕꯤꯃꯤ ꯆꯣꯕꯑꯅꯤꯕꯅꯣ ꯄꯥꯍꯕꯔꯨ ꯂꯪꯑꯅꯑꯈꯅꯤ ꯫ ꯃꯨꯑꯅꯤꯑ ꯑꯍꯔꯤ ꯄꯑꯂꯥꯑꯃꯤ ꯍꯂꯪꯇ ꯑꯣꯍꯕꯤꯕ ꯃꯨꯎꯂꯤ ꯍꯂꯪꯇꯔ ꯃꯤꯂꯤꯇꯅꯤꯕ (input, ꯃꯥꯑꯃꯇ / ꯂꯤꯎꯅꯥꯑ) ꯂꯤꯎꯅꯥꯑ ꯑꯔꯨꯅ ꯍꯌꯣꯍꯨ (ꯍꯂꯪꯇ ꯑꯔꯨ ꯑꯣꯍꯄꯇꯅꯤꯕꯅꯤ) ꯆꯣꯑꯄꯇꯅꯤꯕꯅꯤ ꯫ ꯍꯂꯪꯇ ꯅꯥꯍꯕꯤꯕ / ꯄꯤꯑꯅꯤꯕ ꯄꯑꯂꯥꯑ ꯑꯔꯨꯂꯨ ꯂꯤꯎꯅꯥꯑ ꯃꯤꯃꯔꯕꯅꯤ ; ꯄꯨꯎꯃꯔꯕ ꯍꯌꯇ ꯑꯅꯤꯅꯤ ꯂꯥꯕꯤꯕ ꯂꯤꯎꯅꯥꯑ ꯑꯔꯨꯅꯤ / ꯅꯩꯕꯤꯕ ꯁꯨꯑꯂꯤꯀꯈꯤ ꯈꯨꯔꯣꯐ ꯑꯔꯨꯅꯤ (ꯄꯣꯇꯅꯤꯕ ꯂꯣꯕ ꯑꯔꯨꯅꯤ) ꯫ ꯃꯨꯑꯅꯤꯑꯃꯤ ꯍꯂꯪꯎꯔꯨꯂꯨ ꯃꯨꯑꯅꯤꯑꯃꯤ ꯑꯣꯍꯕ ꯍꯂꯤꯎꯅꯥꯑ (mental input) ꯍꯆꯩ ꯌꯥꯍ ꯫ ꯍꯂꯤꯂꯨ (ꯃꯨꯑꯅꯤꯑꯃꯤ ꯂꯤꯎꯅꯥꯑꯂꯨ) ꯍꯌꯇ ꯑꯅꯤꯅꯤ ꯄꯩꯅꯤꯑ ꯄꯩꯅꯤꯑꯈꯤ ꯑꯣꯍꯕ ꯂꯎꯌꯕꯥ (present sankhara) ꯑꯕꯤꯕ ꯂꯎꯌꯕꯥ (past sankhara) ꯫ ꯌꯨꯔꯑꯌ ꯂꯥꯁꯕꯕꯔꯤ ꯑꯂꯥꯁꯕ ꯃꯨꯑꯅꯤꯑꯅ ꯄꯑꯂꯥꯑꯔ (matter ꯔ) ꯍꯎꯂꯤꯎꯔꯨꯅ ꯍꯩꯂꯥꯅ ꯍꯥꯑꯅꯤꯎ ꯆꯥꯕ ꯈꯅꯥꯃꯥ (kalapa) ꯈꯥꯕꯑꯄꯎꯃꯅꯤ ꯫ ꯍꯥꯅ ꯑꯂꯥꯕ ꯂꯥꯏꯥꯁ-ꯍꯃꯣꯐ (sensation of heat) ꯃꯥꯁꯃꯅꯤ ꯫ ꯃꯤꯕꯤꯕ ꯂꯥꯏꯨ ꯑꯔꯨ ꯑꯈꯤꯕ ꯑꯣꯍꯕꯕꯔꯤ ꯈꯅꯥꯃꯥ ꯑꯔꯨ ꯁꯨꯑꯂꯤꯀꯅ ꯍꯥꯑꯑꯣꯍꯅꯕꯃ ꯆꯣꯕꯑꯈꯅꯤ / ꯑꯈꯤꯕ ꯂꯥꯏꯥꯁ-ꯍꯃꯣꯐ ꯏꯥꯁꯃꯅꯤ ; ꯑꯂꯨꯐꯅ ꯑꯅꯤꯂꯨꯕ ꯃꯨꯑꯅꯤꯑꯃꯤ ꯑꯣꯍꯕ ꯃꯥꯑꯃꯎꯔꯤ / ꯍꯂꯤꯎꯅꯥꯑꯌꯤ (mental input ꯌꯤ) ꯑꯕꯤꯕ ꯂꯎꯌꯕꯥꯅꯤ (past memtal defilement ꯅꯤ) ꯂꯎꯌꯕꯥ ꯌꯨꯔꯤꯑꯍꯑ ꯍꯕꯨ (seed) ꯅꯩ ; ꯍꯌꯐ ꯌꯕꯃꯤ ꯌꯨꯑꯔ ꯍꯄꯩ (fruit)

[illegible]

[illegible] (cause of sensation) [illegible] (input) [illegible]

[illegible]

[illegible] (craving) [illegible]

ꯁꯨꯃꯂꯤꯃ ꯀꯪꯃꯀꯣꯃꯂꯒ ꯌꯩꯕꯤꯒ ꯇꯒꯃ-ꯇꯩꯕꯍ ꯁꯨꯍꯂꯩꯃ ꯆꯪꯁꯅꯤꯄꯂꯤ ꯫ ꯂꯀꯥꯂ ꯑꯨꯁꯆꯒ ꯀꯥꯗꯥꯁ-ꯅꯁꯣꯍꯒꯨ ꯁꯥꯍꯒ- ꯅꯣꯕꯥꯃꯒ ꯔꯥꯅ ꯂꯌꯌꯨꯕꯄ ꯂꯤꯕꯒꯥꯋꯒꯨ ꯇꯣꯅꯂ ꯅꯪꯌꯂꯒ ꯆꯩꯌꯪ ꯫ ꯑꯁꯥꯍ ꯅꯩꯕꯥꯃꯒꯀꯤ ꯄꯥꯃꯆꯤꯒ ꯍꯩꯂꯤ / ꯀꯤꯃꯀꯤ ꯍꯅꯟ ꯑꯍꯄꯤ ꯊꯪꯃꯌ ꯑꯣꯅꯒ ꯔꯥꯅ ꯫ ꯑꯀꯨꯒ ꯂꯀꯥꯒꯨ ꯑꯕꯥꯋꯒ ꯅꯨꯒꯍꯀꯄꯤ ꯑꯣꯋꯂꯌꯩꯂꯒ ꯍꯥꯅꯑꯩꯀ ꯁꯨꯕꯪ ꯫ ꯑꯀꯨꯍꯂ ꯂꯀꯥꯒꯨ ꯂꯀꯥꯂ ꯊꯃꯇꯪꯃꯂꯕꯤꯒ ꯄꯩꯂꯥ ꯑꯀꯣꯍꯀ ꯁꯥꯍꯀ-ꯌꯨꯃꯑꯄꯒ (aversion) ꯁꯣꯃꯊꯋꯒ ꯊꯩꯒ ꯔꯥꯅ / ꯂꯀꯥ ꯑꯌꯨꯍꯒ ꯆꯍꯒꯤꯀꯄꯤ ꯇꯩꯀꯣꯃꯆꯪ꯫

ꯑꯌꯣꯁꯁ ꯔꯪꯃꯂꯒ ꯑꯍꯂ ꯑꯌꯋꯒ / ꯁꯅꯕꯤ-ꯁꯅꯕꯤ ꯌꯩꯒꯂꯤ ꯫ ꯑꯊꯤꯃ ꯌꯨꯁꯁ ꯌꯨꯍꯌꯨꯋ-ꯊꯨꯋꯂ ꯌꯨꯍꯇꯣꯃꯆꯪ ꯑꯀꯨꯍꯑꯣꯅꯂꯍꯃ ꯊꯤꯕꯤꯑꯣꯋꯂꯒ ꯗꯍꯒ ꯍꯌꯍꯀ ꯂꯃ ꯔꯥꯍꯂ ꯌꯨꯍꯂꯤꯃꯆꯪ ꯫ ꯌꯨꯍꯂꯤꯃꯆꯤꯒ ꯑꯀꯤ ꯂꯁꯨꯃꯂꯤꯃꯄꯤ ꯑꯍꯣꯌꯁ ꯍꯔꯥꯍ ꯑꯀꯨꯂ ꯇꯣꯃꯊꯟꯆꯤꯒꯂꯤ ꯫ ꯍꯨ ꯒꯤꯁꯥꯀꯂꯥ ꯌꯩꯀꯨꯂ ꯌꯥꯋꯇꯣꯃꯑꯀꯒꯂꯤ ꯍꯕꯍꯀꯤ ꯍꯀꯤꯂ ꯂꯀꯥꯒꯨ ꯊꯤꯕꯤꯑꯣꯋꯒ ꯆꯪꯁꯊꯋꯄꯀꯩꯕꯤꯒꯂꯤ ꯫ ꯔꯪꯃꯂꯒ ꯑꯀꯤꯂ ꯂꯀꯥꯒꯨ ꯆꯥꯃꯊꯌꯅꯤꯄꯀꯒꯀꯤꯄꯤ ꯇꯤꯃꯂꯒ ꯀꯣꯅꯀꯂ ꯆꯍꯒꯥ ꯌꯩꯄꯀꯒꯂꯤ / ꯅꯌꯂꯄꯀꯒꯂꯤ / ꯍꯨꯃꯂꯄꯀꯒꯂꯤ ꯫ ꯀꯣꯕ ꯑꯋꯌꯃ ꯊꯣꯟꯂꯨ ꯂꯌꯌꯨꯕꯄ ꯊꯣꯄꯌꯂꯨ / ꯅꯀꯤꯃ ꯑꯅꯃꯒꯂ ꯂꯍꯤꯌꯌ ꯄꯥꯅꯀꯤꯟꯂꯨ ꯂꯌꯌꯨꯕꯄ ꯑꯥꯅꯊꯥꯃꯌꯃ ꯄꯌꯇꯣꯃꯂꯨꯄꯣ ꯑꯀꯨꯄ ꯑꯍꯨꯃ ꯄꯃꯀꯤꯟꯂꯃꯌꯨꯂ ꯗꯍꯨ ꯫

ꯑꯀꯤ ꯂꯌꯌꯒꯤꯀ ꯔꯥꯍꯂ ꯆꯥꯃꯌꯃꯂꯒ ꯑꯍ ꯂꯀꯥꯀ ꯁꯥꯁꯕꯃꯁ ꯔꯥꯅ : ꯁꯨꯃꯂꯤꯃꯄꯤ ꯑꯍꯣꯌꯁ ꯍꯔꯥꯍ ꯑꯀꯤꯂ ꯂꯊꯥꯃꯁꯨ ꯒꯤꯁꯥꯀꯂꯥ ꯌꯩꯒ ꯆꯪꯁꯊꯋꯂꯒ ꯆꯍꯒꯤ ꯑꯍꯂꯤ ꯫ ꯂꯨꯍꯤꯌ ꯌꯨꯁꯁ ꯑꯕꯤꯀꯨ ꯌꯩꯀꯂ ꯑꯣꯅꯄꯌ-ꯄꯌꯌꯨꯂ ꯑꯌꯩ ꯑꯌꯣꯁꯁ ꯌꯩꯀꯨꯂ ꯆꯩꯕꯪ ꯫ ꯍꯍꯩꯇꯃꯀ ꯂꯀꯥꯂ ꯅꯃꯆꯪ / ꯂꯀꯥꯂ ꯍꯌꯍ ꯍꯥꯃꯊꯟꯆꯪ // ꯂꯤꯃꯑꯍꯀꯨꯂ ꯑꯁꯆꯪ ꯫ ꯌꯩꯅꯨꯒꯀꯨꯃ ꯟꯕꯍꯄꯤ ꯆꯍꯒꯤ ꯄꯌꯁꯀ ꯑꯁꯂꯒꯄꯤ ꯍꯕꯍ ꯆꯩꯌꯪ ꯫ ꯂꯀꯥꯂ ꯑꯕꯥꯋꯒ ꯇꯒꯃ ꯑꯍ ꯌꯩꯕꯒꯀꯤ ꯂꯀꯥꯂ ꯇꯥꯆꯒ ꯑꯊꯟ ꯑꯍꯄꯤ ꯍꯥꯃꯀ ꯂꯀꯥꯂ ꯌꯩꯕꯨꯒ ꯑꯕꯥꯋꯒ ꯑꯀꯨ ꯂꯀꯥꯂ ꯆꯥꯟꯆꯪ ꯊꯥꯅꯀꯨꯂ

[illegible] ||

[illegible] (technique [illegible]) [illegible] (ability [illegible]) || [illegible] ||

[illegible] (technique) [illegible] (natural law [illegible]) || [illegible] (miracle) ||

[illegible] || [illegible]

[illegible] ॥ [illegible] ॥ [illegible] ([illegible]) [illegible] ॥

[illegible] ॥

[illegible] ॥

____________*******____________

[illegible]

[illegible] (sensation) [illegible] (importance of equanimity towards gross as well as subtle sebsation) [illegible] / [illegible] / [illegible] / [illegible] / [illegible] (faith, effort, awareness, concentration, wisdom)

[illegible]; [illegible] || [illegible] / [illegible] ||

[illegible] (technique) [illegible] (awareness and equanimity) [illegible] || [illegible] / [illegible] / [illegible] || [illegible] / [illegible] (subtle vibration [illegible]) [illegible] ([illegible]) || [illegible] ([illegible]) [illegible] ||

ꯃꯤꯕꯅ ꯑꯗꯤ ꯄꯦꯝꯑꯃꯃꯟ ꯑꯦꯍꯝꯤꯕ ꯍꯨꯟꯦꯑꯊꯤꯕꯟꯤ / ꯌꯥꯇꯆꯤꯕ ꯃꯋꯊꯨꯑ ꯑꯟꯨ ꯅꯨꯑꯊꯥꯍꯆ ꯃꯥꯁꯝꯤꯕ ꯂꯑꯊꯪꯑꯆꯕ ꯑꯟꯨ ꯑꯦꯍꯆ ꯆꯩꯕ ꯑꯗꯤꯆꯤ || ꯌꯗꯪꯑꯕꯟꯤ ꯕꯤꯃꯥꯗꯆꯥ ꯌꯩꯕꯃꯤ ꯑꯗꯪꯑꯕ ꯃꯥꯋꯟꯅꯟꯤ ꯊꯝꯤꯃꯨꯅꯕ ꯍꯌꯇ ꯑꯍꯃꯤ ꯗꯥꯃꯥꯁ-ꯍꯃꯦꯅ ꯂꯑꯊꯪꯑꯆꯕ ꯃꯑꯕ ꯑꯟꯨ ꯆꯌꯌꯪ / ꯊꯥꯝꯑꯃ ꯗꯥꯃꯥꯁ-ꯍꯃꯦꯅ ꯃꯨꯅꯆꯍꯑꯌ ꯃꯨꯑꯆꯤꯑ-ꯂꯑꯄꯥꯑ ꯍꯑꯊꯆ ꯊꯅꯕꯆꯤ || ꯗꯥꯃꯥꯁ-ꯍꯃꯦꯅꯟꯤ ꯃꯥꯑ-ꯄꯥꯁꯕ ꯑꯦꯍꯝꯕꯨ (ꯑꯃꯩꯕ ꯑꯦꯍꯝꯕꯨ) / ꯑꯊꯨꯃꯃ ꯑꯦꯍꯝꯕꯨ ꯑꯗꯨꯅ ꯂꯦꯑꯟꯨꯆ ꯆꯩꯝꯕꯆꯤ || ꯆꯅꯕꯤ ꯑꯗꯦꯅꯟ ꯌꯨꯍꯥꯑ ꯄꯥꯁꯗꯤꯋꯆ ꯄꯑꯗꯤꯇꯆꯑꯃꯤ ꯌꯦꯑꯊꯥꯑ (ꯌꯦꯑꯆꯪꯇ) ꯑꯟꯨꯟꯤ ꯗꯥꯃꯥꯁ-ꯍꯃꯦꯅ ꯌꯨꯟꯤꯑꯟ ꯊꯅꯆꯤꯕ ꯃꯨꯑꯆꯤꯑ-ꯂꯑꯄꯥꯑ ꯍꯑꯊꯕꯤ ꯄꯥꯑ ꯑꯟꯨꯆ ꯑꯦꯋꯕ ꯄꯥꯍ ||

ꯑꯃꯋꯕ ꯄꯥꯁꯟꯨꯝꯕ ꯊꯨꯃꯆ ꯆꯤꯑꯃꯤ (subtle vibration ꯤ) ꯍꯄꯪꯋꯆ ꯂꯑꯄꯥꯑ ꯃꯨꯅꯆꯍꯑꯌ ꯂꯑꯊꯪꯑꯆꯆ ꯃꯥꯁꯂꯇꯆꯕ ꯍꯌꯨꯑꯟ / ꯌꯗꯪꯑ ꯌꯗꯪꯑꯆ ꯁꯝꯕ ꯑꯃꯩꯕ ꯗꯥꯃꯥꯁ-ꯍꯃꯦꯅ ꯑꯍ ꯂꯑꯄꯥꯑꯤ ꯊꯝꯤꯃꯨꯅꯕ ꯍꯃꯅ ꯑꯍꯟ ꯆꯌꯌꯨꯝꯤ ꯍꯃꯦꯅ ꯆꯩꯌꯕ ꯍꯃꯅ ꯑꯌꯩꯟ ꯂꯪꯑꯌ ꯃꯥꯁꯝꯑꯃ ꯄꯥꯍ || ꯍꯌꯦꯍ ꯑꯗꯤ ꯆꯤꯑꯂꯋꯆꯕꯤ ꯌꯨꯟꯅ ꯆꯌꯌꯪ ꯌꯨꯍꯥꯑ ꯄꯥꯁꯗꯤꯋꯕꯆꯤ || ꯊꯆꯥꯨꯅꯕꯆ ꯍꯍꯌ ꯌꯥꯆ ꯄꯪꯑꯗꯤꯋꯕ ꯑꯍꯟꯤ ꯃꯨꯑꯆꯤꯑ-ꯂꯑꯄꯥꯑ ꯍꯑꯆ-ꯌꯃꯆ ꯆꯩꯕꯤ ꯊꯕꯑ ꯑꯗꯤ ꯑꯗꯨꯅ ꯂꯪꯋꯤꯌꯂꯇꯆꯕꯟꯤ ꯍꯗꯥꯆ ꯌꯑꯟꯕ ꯃꯨꯑꯆꯤꯑꯤ ꯑꯍꯅꯕ ꯍꯃꯅꯟ ꯂꯪꯋꯆ ꯆꯨꯊꯆ ꯃꯥꯁꯊꯌꯤꯤꯆꯤ (ꯄꯌꯌꯤꯤꯆꯤ) ꯑꯍꯗꯨꯑ ꯍꯃꯅ ꯑꯟꯨꯟ ꯆꯩꯌꯨꯆ ꯆꯩꯕ ꯑꯍꯦꯌꯃ ꯗꯪꯑꯟꯕ ꯍꯄꯥꯅꯟꯨ ꯌꯑꯟꯦꯑꯊꯆꯤ || ꯆꯨꯆ ꯆꯩꯕ ꯄꯆꯩꯆꯕ ꯍꯄꯥꯅ ꯑꯗꯤꯆ ꯌꯑꯟꯕ ꯍꯃꯅꯟ ꯆꯩꯝꯤꯕ ꯍꯌꯩ ꯍꯌꯦꯍ ꯑꯟꯨꯆ ꯊꯥꯍꯆꯊꯑꯟ ꯑꯄꯥ-ꯑꯆꯥ ꯊꯦꯑꯂꯋꯤꯆꯤ || ꯍꯌꯦꯍ ꯑꯗꯤꯕꯨ ꯍꯗꯤꯑ ꯂꯋꯊꯂꯋꯆꯕꯤꯤ ꯑꯍꯌ ꯊꯥꯍꯝꯕ ꯆꯅꯕꯤꯟꯤ ꯍꯌꯦꯍ ꯑꯗꯤ ꯃꯨꯑꯆꯤꯑꯤ ꯌꯑꯕꯤ ꯆꯩꯍꯥꯍꯟ ꯃꯨꯌꯌꯆꯤ ꯄꯌꯂꯋꯌꯤꯤꯟꯕꯆꯤ (ꯍꯥꯑꯂꯋꯌꯤꯤꯟꯕꯆꯤ) || ꯑꯗꯤꯤꯅꯕ ꯆꯨꯆ ꯍꯝꯥ ꯌꯥꯝꯕ ꯗꯋꯌꯝꯥ ꯑꯗꯤꯆ ꯆꯩꯍꯥꯍꯟ ꯊꯥꯌꯌꯆꯑꯃ ꯍꯌꯅꯟ ꯍꯌꯦꯍꯤ ꯑꯃꯩꯕ / ꯆꯨꯑꯊꯥꯍꯌꯕ ꯗꯥꯃꯥꯁ-ꯍꯃꯦꯅ ꯆꯌꯌꯨꯝꯤ ꯂꯑꯄꯥꯑ ꯍꯆꯨꯑꯟ ꯆꯩꯕ

[illegible] / [illegible] / [illegible] (blind areas [illegible]) || [illegible] ([illegible]) [illegible] ; [illegible] ([illegible]) [illegible] ||

[illegible] || [illegible] / [illegible] ([illegible]) [illegible] ; [illegible] || [illegible] ([illegible]) [illegible] ; [illegible] || [illegible] || [illegible] || [illegible] / [illegible] || [illegible] || [illegible] || [illegible] || [illegible] ; [illegible] ||

[illegible] || [illegible]

[illegible] ꯫ [illegible] / [illegible] (unconscious mind) [illegible] ꯫ [illegible] (react [illegible]) ꯫ [illegible] ꯫ [illegible] (material and mental) — [illegible] (body and mind) ꯫ [illegible] (thought) [illegible] ꯫ [illegible]

[illegible] ? [illegible] ? [illegible] ꯫ [illegible] (human phenomenon) [illegible] (material and mental) — [illegible] (body and mind) ꯫ [illegible] ꯫ [illegible] (thought) [illegible] ꯫ [illegible] ꯫ [illegible] ꯫ [illegible]

ꯑꯃꯥꯇ-ꯃꯥꯇꯅ ꯑꯗ-ꯗꯌꯂꯣ ꯄꯥꯗꯇ ꯗꯣꯁꯅꯣꯁꯃꯃ ꯍꯗꯇ ꯑꯃꯤꯍꯁꯂꯣꯅꯕꯤ ꯫ ꯍꯃꯥꯍꯁꯄꯤ ꯍꯕꯇꯅ ꯑꯇꯨꯇꯔꯅꯨ ꯐꯁꯕꯕꯔ (ꯑꯣꯁꯃꯤꯁꯕꯔ) ꯑꯍꯅꯤ ꯃꯨꯁꯕꯤꯁꯃꯤ ꯗꯌꯂꯣꯔ ꯄꯥꯐꯟ ꯃꯨꯇꯕꯍꯁ ꯊꯤꯁꯕꯔ ꯃꯥꯗꯥꯁ-ꯈꯃꯣꯇ ꯑꯅꯨ ꯍꯍꯨꯌ ꯂꯣꯥꯕ ꯑꯣꯁꯅꯨꯕ ꯐꯁꯕꯤꯁꯃꯅꯔꯕꯤ ꯑꯍꯃꯨꯁ ꯑꯥꯕꯤꯔꯍꯐꯩ ꯄꯌꯊꯅꯨꯕ ꯃꯨꯁꯕꯤꯁ-ꯂꯁꯄꯥꯁ ꯈꯁꯕ ꯆꯩꯃꯅꯔꯕꯤ ꯫

ꯍꯕꯇ ꯑꯃꯤꯃꯤꯅꯍꯁꯂꯣ ꯊꯩꯕꯇ ꯑꯃꯤꯃꯤ ꯆꯣꯇꯂꯩꯕꯤꯔ ꯃꯨꯍꯤꯌ ꯑꯃꯤꯅꯅꯤ ꯕꯃꯥꯕ ꯆꯣꯃꯂꯣꯕ ꯍꯤꯌ ꯁꯈꯃꯤꯁꯅꯨꯕ ꯂꯤꯕꯤꯁꯣꯁꯔꯃꯤ ꯃꯨꯁꯗꯇ ꯆꯣꯈꯔ ꯗꯥꯁꯔꯅꯤ ꯁꯁꯕ ꯂꯣꯌꯕꯔ ꯂꯣꯥꯈ ꯫ ꯃꯣꯌꯊꯥꯔ ꯍꯂꯣꯇ ꯗꯥꯁꯔꯅꯃ ꯍꯍꯨꯌꯂꯣꯥꯕ ꯑꯣꯁꯅꯨꯕ ꯆꯩꯔꯃ (awareness) ꯃꯨꯁꯕꯤꯁ-ꯂꯁꯄꯥꯁ ꯈꯁꯕ-ꯂꯣꯃꯕ ꯆꯩꯔꯃ (equanimity) ꯍꯐꯣꯈ ꯑꯃꯤ ꯃꯥꯗꯥꯁ-ꯈꯃꯣꯇꯃꯤ ꯊꯥꯁꯂꯣ ꯊꯇꯃꯅꯔꯕꯤ ꯫ ꯄꯌꯃꯔꯨ ꯑꯣꯈꯕꯔꯃ / ꯄꯥꯔꯨ ꯑꯣꯈꯕꯔꯃ / ꯊꯁꯃꯔꯨ ꯑꯣꯈꯕꯔꯃ ꯕꯌꯂꯣꯕꯃ ꯈꯕꯨꯕꯔꯨ ꯑꯣꯈꯕꯔꯃ ꯕꯃꯥꯕ ꯂꯩꯃꯅꯔ ꯊꯔꯁꯂꯨ ꯍꯂꯩꯃꯥꯃꯤ ꯍꯑꯣꯁꯅ ꯃꯣꯈꯅꯕ ꯂꯩꯊꯣꯁꯁ ꯫ ꯕꯃꯥꯃꯤ ꯊꯔꯁ ꯑꯅꯨꯃꯤ ꯐꯣꯁꯕꯣꯑꯅꯤ ꯂꯥꯈꯔꯅꯤ ꯍꯍꯨꯌꯂꯣꯥꯕ ꯑꯣꯁꯔ ꯑꯍꯃꯨꯁ ꯈꯁꯕ ꯆꯩꯔꯃꯤ ꯄꯥꯁꯅꯤ ꯂꯑꯊꯂꯑꯃꯨ ꯫ ꯂꯁꯄꯥꯁꯃꯤ ꯆꯣꯁ-ꯑꯣꯌꯃ ꯍꯑꯣꯁꯅꯃ ꯍꯤꯌꯑꯣꯁ ꯊꯇꯍꯨ / ꯆꯣꯈꯕꯕ ꯍꯂꯣꯇ ꯑꯃꯤꯍꯁꯂꯣꯅ ꯃꯥꯗꯥꯁ-ꯈꯃꯣꯇꯃ ꯑꯥꯕꯔꯅꯤ ꯆꯣꯁꯑꯣꯌꯕꯤꯔ ꯂꯁꯄꯥꯁꯃꯤ ꯁꯥꯑꯥꯌꯂꯣꯃ ꯕꯌꯂꯣꯕꯃ ꯂꯁꯄꯥꯁꯃꯤ ꯁꯕꯤꯃꯨꯇꯔ ꯍꯗꯇ ꯑꯍꯅ ꯂꯣꯁꯂꯣ ꯍꯍꯨꯌ ꯂꯣꯥꯕ ꯑꯍꯃꯨꯁ ꯃꯨꯁꯕꯤꯁ-ꯂꯁꯄꯥꯁ ꯈꯁꯕ-ꯂꯣꯃꯕ ꯑꯣꯁꯅꯨꯕ ꯆꯩꯐꯨ ꯫

(ꯍꯂꯩ ꯑꯃꯨꯇꯕ) ꯑꯂꯤꯁ ꯂꯨꯇꯔꯅ ꯍꯤꯌ ꯁꯈꯃꯤꯟꯕꯨ ; ꯂꯁꯄꯥꯁꯃꯤ ꯁꯕꯤꯃꯨꯇꯔ ꯍꯗꯇ ꯑꯍꯅ ꯂꯣꯁꯂꯣ ꯃꯥꯗꯥꯁ-ꯈꯃꯣꯇ ꯆꯩꯔꯕꯥ ꯑꯣꯁꯨ ꯫ ꯕꯃꯥꯕ ꯃꯥꯗꯥꯁ-ꯈꯃꯣꯇ ꯑꯃꯤ ꯑꯣꯁꯕ ꯑꯣꯁꯕ ꯑꯍꯅꯤ ꯐꯁꯕ ꯐꯁꯕ ꯂꯨꯇꯊꯐꯕꯔꯅꯤ ꯍꯂꯩꯃꯨꯇꯕ ꯍꯊꯁꯃꯤ ꯑꯐꯨꯁꯂꯣ ꯂꯣꯁ ꯂꯩꯃꯌꯆꯁꯃꯅ ꯃꯥꯗꯥꯁ-ꯈꯃꯣꯇ ꯑꯅꯨ ꯍꯍꯨꯌ ꯂꯣꯥꯕ ꯐꯁꯔꯃꯤ (awareness) ꯍꯂꯩꯅꯨ ꯕꯃꯥꯅ ꯆꯩꯃꯕꯤ ꯫ ꯕꯃꯥꯕ ꯗꯆꯕ ꯂꯨꯇꯐꯨꯑ-ꯐꯨꯑꯅꯨꯕ ꯂꯨꯇꯆꯇꯅꯔ ꯑꯥꯈ ꯕꯌꯂꯣꯕꯃ ꯑꯂꯤꯁꯐꯨꯃꯃꯅꯨ ꯃꯁꯂꯨꯇ ꯂꯨꯇꯅꯕ ꯍꯤꯌ ꯁꯔꯥꯁ ꯐꯑꯅꯨꯕ

[illegible] (insomnia) [illegible] awareness and equanimity [illegible]

[illegible] (meditator) [illegible] (real wisdom) [illegible] (mind

and matter [illegible] (nibbana) [illegible] (suffering) [illegible] (nibbana) [illegible] <[illegible] (mind and matter [illegible]) [illegible]

[illegible] (react [illegible]) [illegible]

[illegible] (meditator) [illegible] (depth) [illegible] (something beyond mind and matter) ; [illegible] (nibbana) / [illegible] ||

[illegible] (awareness) [illegible] (equanimity) / [illegible]

[illegible]

[illegible] (five wholesome faculties) [illegible]

[illegible] (faith, devotion, confidence) [illegible] (blind faith) [illegible] (discriminatory intelligence) [illegible] (right devotion) [illegible]

ꯈꯨꯗꯝ : ꯃꯤ ꯑꯃꯅ ꯕꯨꯙꯗ ꯂꯡꯆꯔꯪ || ꯃꯥꯅ ꯕꯨꯙꯒꯤ ꯑꯖꯕ ꯃꯔꯝꯂꯩꯁꯤꯡ ꯑꯗꯨ ꯅꯤꯁꯤꯡꯒꯗꯕꯅꯤ ꯑꯃꯗꯤ ꯃꯒꯨꯟꯁꯤꯡ ꯑꯗꯨ ꯃꯥꯌꯣꯟꯗꯁꯨ ꯂꯪꯜꯏꯟꯅꯕ ꯑꯕꯡ ꯇꯧꯒꯗꯕꯅꯤ || ꯕꯨꯙ ꯑꯃꯒꯤ ꯀꯥꯝꯅ ꯃꯔꯨ ꯑꯣꯏꯕ ꯃꯒꯨꯟꯗꯤ ꯆꯧꯁꯤꯡꯒꯤ ꯃꯌꯥꯜ ꯑꯗꯨꯅꯤ || ꯃꯔꯝ ꯑꯁꯤꯅ ꯂꯩꯆꯖꯝ ꯑꯁꯤ ꯇꯣꯁꯪꯡꯅ ꯆꯧꯁꯤꯡꯒꯤ ꯃꯌꯥꯟꯗꯅꯤ || ꯃꯤ ꯑꯃꯅ ꯃꯁꯥꯃꯛꯇ ꯁꯥꯩꯐꯥꯏꯔꯝꯄ ꯆꯧꯁꯤꯡ-ꯃꯌꯥꯜ ꯑꯗꯨꯅꯤ || ꯃꯄꯨꯡ ꯖꯥꯔꯕ ꯃꯌꯥꯜ (ꯆꯧꯁꯤꯡꯒꯤ) ꯒꯤ ꯊꯥꯛ ꯀꯧꯔꯕ ꯃꯤ ꯑꯗꯨ ꯐꯅꯥꯒꯨꯝꯕ ꯑꯃꯅ ꯊꯐꯥꯏꯈꯨꯝꯅꯒꯗꯕꯅꯤ : ꯍꯥꯏꯕꯗꯤ ꯃꯤꯩꯀꯪꯡ ꯊꯝꯒꯗꯧꯔꯤꯕ ꯃꯔꯨ ꯑꯣꯏꯕꯁꯤ || ꯍꯪꯛ ꯂꯩꯊꯣꯛꯄ ꯃꯖꯝꯗ ꯑꯗꯨꯒꯨꯝꯕ ꯐꯥꯡꯆꯨꯄꯅꯤ / ꯑꯗꯨꯒꯨꯝꯕ ꯃꯤꯑꯣꯏꯅꯤ ꯍꯥꯏꯕꯒꯤ ꯑꯄꯨꯟꯕ ꯊꯝꯗꯕ ꯃꯥꯒꯤ ꯃꯒꯨꯟ ꯑꯗꯨꯗꯅꯤ || ꯃꯤ ꯑꯃꯅ ꯕꯨꯙꯕꯨ ꯊꯐꯥꯏꯈꯨꯝꯅꯒꯗꯕꯅꯤ/ ꯃꯟꯇꯣꯙ ꯊꯤꯗꯨꯅ ꯑꯃꯗꯤ ꯙꯝꯃꯒꯤ ꯊꯧꯔꯝ ꯄꯥꯡꯊꯣꯛꯇꯨꯅ ꯅꯩꯇꯪ ꯇꯧꯍꯒꯨꯝꯕꯁꯨꯡ ꯃꯥꯒꯤ ꯄꯥꯜꯇꯥꯡꯁꯤꯡ ꯊꯕꯛ ꯑꯣꯏꯅ ꯄꯡꯊꯣꯛꯇꯨꯅ / ꯙꯝꯃꯒꯤ ꯆꯝꯕꯤꯗ ꯂꯩꯇꯨꯅ ; ꯑꯍꯥꯟꯕꯃꯛꯇꯗ ꯁꯤꯆꯥꯗꯒꯤ ꯍꯧꯔꯒ ꯃꯊꯡꯗ ꯁꯃꯥꯙꯤ (Samadhi), ꯃꯊꯡꯗ ꯄꯟꯅ (panna), ꯃꯊꯡꯗ ꯅꯤꯕꯥꯅ (nibbana) ||

ꯕꯨꯙ ꯑꯃ ꯑꯣꯏꯔꯕ ꯃꯍꯥꯛ ꯑꯗꯨꯗꯤ ꯃꯈꯥꯒꯤ ꯃꯂꯩꯁꯤꯡ (ꯒꯨꯟꯁꯤꯡ) ꯑꯁꯤ ꯂꯪꯟꯒꯗꯕꯅꯤ || ꯃꯥꯗꯤ ꯃꯥꯒꯤ ꯆꯃꯣꯍꯒꯤ ꯑꯄꯥꯝ-ꯈꯧꯔꯥꯡ (craving), ꯄꯥꯝꯗ-ꯇꯨꯛꯐꯂꯕ (aversion) ꯑꯃꯁꯨꯡ ꯑꯄꯡꯕ ꯃꯨꯩꯖꯩꯆꯕꯅꯤ || ꯃꯥꯒꯤ ꯀꯪꯛꯅꯕ ꯄꯨꯝꯅꯃꯛ ꯅꯨ.ꯡꯗ ꯆꯧꯕ ꯀꯪꯛꯅꯕ ꯍꯥꯏꯕꯗꯤ ꯄꯨꯛꯅꯤꯡꯒꯤ ꯑꯃꯣꯩꯄ / ꯖꯩꯇꯣꯕ ꯂꯥꯈꯜ ꯄꯨꯝꯅꯃꯛꯄꯨ ꯃꯥꯅ ꯆꯥꯛꯁꯤꯟꯕ ꯌꯝꯆꯕꯅꯤ || ꯃꯥꯗꯤ ꯙꯝꯃꯒꯤ ꯂꯥꯈꯜꯆꯣꯁ ꯄꯨꯝꯅꯃꯛ ꯈꯡꯕꯗ ꯅꯩꯇꯪ ꯊꯕꯛ ꯑꯣꯏꯅ ꯃꯄꯨꯡꯖꯥꯅ ꯄꯥꯡꯊꯣꯛꯆꯕꯗꯤ || ꯃꯥꯅ ꯊꯕꯛ ꯑꯣꯏꯅ ꯄꯥꯡꯊꯣꯛꯄꯗꯨ ꯄꯥꯜꯇꯣꯛ ꯑꯣꯏꯅ ꯁꯟꯗꯣꯛꯍ / ꯃꯥꯅ ꯄꯥꯜꯇꯣꯛ ꯑꯣꯏꯅ ꯁꯟꯗꯣꯛꯄꯗꯨ ꯊꯕꯛ ꯑꯣꯏꯅ ꯄꯥꯡꯊꯣꯛꯍ || ꯃꯥꯒꯤ ꯂꯥꯊꯧꯁꯤꯡꯒ ꯃꯥꯒꯤ ꯊꯕꯛꯁꯣꯡꯒꯒꯤ ꯃꯔꯛꯇ ꯑꯍꯣꯕ (gap) ꯆꯧꯇꯪ || ꯃꯥꯅ ꯆꯧꯕ ꯈꯣꯡꯊꯥꯡ ꯈꯨꯗꯤꯡꯃꯛ ꯑꯈꯨꯝꯕ ꯈꯣꯡꯊꯥꯡꯅꯤ ꯑꯈꯨꯝꯕ ꯃꯥꯏꯐꯧꯗ ꯆꯝꯆꯤꯡꯕ ꯈꯣꯡꯊꯥꯡꯗꯤ || ꯃꯁꯥꯒꯤ ꯍꯊꯛꯂꯥꯡ

ꯃꯊꯨꯡꯗ ꯍꯣꯡꯕꯥꯖꯕ ꯑꯁꯤ ꯀꯤꯗꯣꯡꯍꯨꯅ ꯑꯐꯨꯖꯕ ꯍꯣꯡꯕꯥꯖꯕ ꯑꯁꯤꯗꯤ ꯃꯔꯝ ꯍꯨꯗꯤꯡꯃꯡ ꯃꯥꯅ ꯍꯡꯗꯣꯡꯂꯕꯅꯤ ꯫ ꯃꯤꯕꯨ ꯊꯨꯡꯁꯤꯕ / ꯑꯁꯣꯛ-ꯑꯅꯥꯕꯨ ꯊꯨꯡꯁꯤꯕꯤꯕ / ꯑꯋꯥ-ꯑꯅꯥ ꯄꯔꯗ ꯋꯥꯕꯤꯕ ꯑꯃꯁꯨꯡ ꯃꯕꯨꯗ ꯁꯔꯨꯡ ꯌꯥꯔꯗ ꯊꯨꯡꯆꯥꯏꯕ / ꯊꯨꯡꯁꯤꯕ ꯃꯍꯛ ꯃꯌꯥꯝ ꯑꯁꯤꯅ ꯃꯥꯗꯤ ꯀꯝꯣꯏ ꯀꯨꯝꯀꯈꯂꯕꯅꯤ ꯫ ꯃꯥꯗꯤ ꯑꯆꯨꯝꯕ ꯂꯝꯕꯤ ꯀꯤꯕꯗ ꯂꯝꯕꯤ ꯅꯥꯀꯣꯗꯨꯅ ꯋꯈꯜꯔꯕꯁꯤꯡꯕꯨ ꯃꯍꯣꯡ ꯐꯥꯡꯗꯨꯅꯍꯣ ꯂꯩꯔꯕꯅꯤ ; ꯃꯥꯗꯤ ꯃꯐꯨꯡ ꯉꯥꯅ ꯐꯨꯡꯅꯤꯡ-ꯀꯡꯋꯥꯡ ꯏꯡ-ꯍꯣꯐꯅ ꯂꯩꯔꯕꯅꯤ ꯫ ꯆꯅꯥꯗꯨꯝꯕꯅ ꯑꯔꯣꯏꯕ ꯐꯖꯀꯨꯡꯉꯝ ꯌꯩꯅꯕ ꯆꯖꯅ ꯏꯣꯈꯅꯁꯨꯅ ꯑꯉꯕ ꯃꯋꯛꯁꯤꯡ (ꯗꯨꯖꯁꯤꯡ) ꯑꯁꯤ ꯃꯁꯥꯗ ꯋꯣꯛꯏꯖꯕ ꯍꯝꯂꯕꯗꯤ ꯃꯥꯅ ꯕꯨꯛꯗ ꯋꯡꯂꯕꯗꯤ ꯋꯥꯀꯡꯀꯣꯡ ꯂꯩꯗꯅꯤ ꯫

ꯃꯥꯖꯅꯕ ꯃꯑꯣꯡꯗ ꯙꯔꯃꯗ ꯋꯡꯂꯕ ꯀꯥꯏꯕ ꯑꯁꯤꯗ ꯙꯔꯃꯗꯤ ꯆꯥꯡꯅꯨꯐ ꯅꯥꯏꯕꯗ ꯆꯔꯤꯗꯨꯝꯕ ꯃꯔꯝ ꯑꯃꯍꯣꯗ ꯃꯔꯤ ꯂꯩꯅꯗꯣ ꯫ ꯍꯡꯅꯔꯕ / ꯃꯔꯥ ꯍꯥꯔꯕ / ꯃꯑꯣꯡ ꯃꯔꯤꯛ ꯅꯥꯏꯔꯕ ꯙꯔꯃ ꯑꯃꯅꯗꯤ ꯑꯍꯣꯐꯐ ꯙꯔꯃ ꯑꯃꯅ ꯑꯣꯏꯕ ꯑꯃꯗꯨ ꯅꯈꯍꯣ꯫ ꯙꯔꯃꯗ ꯋꯡꯂꯕ ꯀꯥꯏꯕ ꯑꯁꯤꯃꯤ ꯍꯁꯣꯡꯅ ꯉꯂꯕ ꯂꯝꯋꯈ-
[illegible]
ꯐꯨꯡꯅꯤꯡꯗꯤ ꯃꯐꯨ ꯑꯣꯏꯂꯕ ꯀꯥꯏꯅ ꯑꯗꯨꯗ ꯋꯡꯂꯕꯅꯤ ꯃꯁꯥꯗꯤ ꯊꯨ.ꯡꯗꯤ ꯂꯩꯁꯤꯡꯗ ꯋꯡꯂꯕ ꯀꯥꯏꯕꯅꯤ ꯫ ꯐꯥꯄꯍꯥꯡ ꯑꯃ ꯙꯔꯃ ꯑꯣꯏꯋꯖꯂꯕꯗꯤꯗꯃꯡ / ꯃꯗꯨꯗꯤꯁꯨ ꯃꯋꯛ ꯍꯔ (ꯃꯗꯨꯖ ꯍꯔ) ꯁꯣꯏꯗꯅꯃꯡꯆꯤ ꯂꯩꯗꯗꯕꯅꯤ ꯫ ꯃꯗꯨ ꯃꯥꯅ ꯃꯁꯥꯃꯡꯆꯤ ꯃꯃꯤꯈꯅ ꯌꯣꯡꯗꯗꯕꯅꯤ ; ꯑꯁꯣꯡꯕꯗꯨ ꯃꯁꯥꯃꯡꯅ ꯀꯡꯀꯣꯡꯅꯅ ꯍꯡꯗꯗꯕꯅꯤ ꯋꯥꯍꯛꯅ (ꯒꯥꯐꯅ) ꯐꯡꯁꯥ-ꯁꯥꯕ ꯌꯥꯗꯣ ꯫ ꯅꯤꯕꯥꯅꯥ (nibbana) ꯗꯤ ꯑꯆꯨꯝꯕ ꯉꯥꯄꯕ ꯀꯡꯀꯣꯡꯅꯅ ꯍꯡꯗꯔꯤꯉꯥꯄꯕ ꯃꯁꯥꯅ ꯂꯩꯁꯤꯛꯂꯣꯏꯗꯕꯅꯤ (ꯌꯥꯔꯣꯏꯗꯕꯅꯤ) ꯙꯔꯃꯅ ꯆꯥꯖꯅꯕ ꯃꯀꯩꯗꯨ ꯃꯉꯝ ꯑꯁꯤꯃꯡꯍꯣꯗ / ꯀꯩꯂꯤꯡꯃꯡ ꯁꯣꯏꯗꯅ ꯐꯤꯗꯅꯤ / ꯍꯋꯝ-ꯋꯝꯅ ꯆꯥꯖꯅꯕꯗꯨ ꯍꯨꯡꯗ ꯉꯡꯅꯕ ꯐꯤꯗꯅꯤ ꯀꯥꯍꯅ ꯋꯥꯁꯡꯐ ꯅꯈꯍꯣ ꯫ ꯃꯥꯗꯤ ꯋꯥꯍꯥꯡꯗꯤ <ꯂꯥꯡꯑꯣ / ꯌꯣꯡꯍꯨ> ꯑꯁꯨꯝꯅ ꯂꯩꯕꯅꯤ ꯫ ꯅꯁꯥꯗꯤꯗꯃꯡꯍ ꯌꯣꯡꯍꯨ / ꯅꯁꯥꯅ ꯍꯣꯩꯗꯨꯅ ꯌꯣꯡꯍꯨ / ꯍꯡꯗꯅ ꯄꯗꯅ ꯀꯣꯡꯍ ꯌꯥꯗꯗꯨ ꯫ ꯆꯅꯥꯗꯨꯝꯕꯅ

[illegible]

[illegible] (sangha) [illegible] (wisdom) [illegible] (liberation) [illegible] (saintly person) [illegible] (being inspired) [illegible]

[illegible]

[illegible] ॥ [illegible] ॥ [illegible] ॥

[illegible] <[illegible]> ॥ [illegible] (reality) [illegible] ॥ [illegible] / [illegible] ॥ [illegible] (aware) [illegible] ॥ [illegible] ॥ [illegible] / [illegible] / [illegible] ॥

[illegible] (concentration) : [illegible] ([illegible]) [illegible] ॥ [illegible] ([illegible]) [illegible] / [illegible] ॥ [illegible] (right concentration [illegible]) ॥

[illegible] (wisdom) ॥ [illegible] (knowledge) [illegible] (knowledge) [illegible] (philosophical intelligence) [illegible] ॥ [illegible] ॥ [illegible]

[illegible] (get liberated) ॥ [illegible] (sensation) [illegible] ॥ [illegible] ॥ [illegible] / [illegible] / [illegible] ; [illegible] ॥

[illegible] ॥ [illegible] / [illegible] / [illegible] / [illegible] ॥ [illegible] (art of living) [illegible] / [illegible] ॥

[illegible] ॥

[illegible] / [illegible] ॥

[illegible] ॥

****

[illegible]

[illegible] (The law of multiplication and its reverse) [illegible] / [illegible] (The law of eradication) —-[illegible] (by remaining equanimity, one answers a happy future for oneself) ||

[illegible] (technique) [illegible] / [illegible] (universal law) [illegible] ||

[illegible] ||

[illegible]

(Impermanent truly are conditioned things,
By nature arising and passing away.
If they arise and are extinguished,
Their eradication brings true happiness.)

[illegible]

[illegible] (to react) [illegible] (to multiply reactions) [illegible]

[illegible]

[illegible]

[illegible] || [illegible] || [illegible] ||

[illegible] (flow of life) [illegible] (input, energy, power, food, etc) [illegible] || [illegible] (energy) [illegible] || [illegible] ||

[illegible] (for the flow of the mind), [illegible]

(input) [illegible] (mental input) [illegible] (flow of consciousness) [illegible] (sankhara input) [illegible] ; [illegible] (flow of consciousness) [illegible] ; [illegible] ; [illegible] (reaction) [illegible] (reaction) [illegible] (the law of nature) ||

[illegible] (technique) [illegible]

[illegible] (process of eradication) [illegible] (modern metallurgy [illegible]) [illegible] billion molecules [illegible] (foreign molecule) [illegible] (magnetism) [illegible] / molecules [illegible] (awareness) [illegible]

[illegible] (awareness), [illegible] (equanimity), [illegible] (craving) [illegible] (aversion) [illegible]

ꯍꯣꯡꯑꯌ ꯃꯆꯨ ꯃꯣꯊꯇꯔ ꯃꯍꯟ ꯗꯥꯍꯕꯔ ꯇꯃꯇꯣꯔꯤ ꯍꯂꯥꯄꯤ ꯁꯣꯌꯖꯣꯃ ꯁꯨꯃꯇꯤꯡ ꯍꯡꯇ-ꯟꯁꯇ ꯇꯣꯔ ꯋꯥꯍꯔ ꯃꯆꯨꯟꯇꯤ ꯫ ꯁꯨꯃꯇꯤꯡꯄꯤ ꯇꯨꯕ-ꯇꯨꯕꯔ ꯍꯏꯃꯔ ꯑꯡꯆꯨꯇ ꯃꯍꯌꯁꯂꯤꯡ ꯃꯆꯨ ꯍꯥꯡꯋꯊꯔ ꯟꯥꯕꯔꯔꯤ ꯁꯨꯃꯇꯤꯡ-ꯋꯃꯑꯥꯡ ꯍꯡꯇ-ꯟꯁꯇ ꯇꯣꯔ ꯃꯆꯨꯔꯤ ꯋꯃꯑꯥꯡꯄꯤ ꯂꯥꯏꯥꯁ-ꯍꯁꯣꯃ ꯃꯆꯨꯄꯤ ꯖꯥꯃꯟ ꯇꯣꯔ ꯟꯥꯍ ꯫ ꯃꯇꯥꯄꯨꯃꯔ ꯃꯍꯇ ꯂꯥꯏꯥꯁ-ꯍꯁꯣꯃꯂꯤꯡꯔ ꯍꯍꯨꯌ ꯟꯥꯇ ꯍꯡꯆꯨꯇ ꯇꯣꯔ ꯃꯍꯂꯨꯡ ꯅꯪꯡꯆꯨꯇ ꯇꯣꯔ ꯟꯃꯇꯔ ꯃꯆꯨꯄ ꯍꯍꯣꯍꯂꯤꯡ ꯃꯆꯨꯔ ꯁꯨꯃꯇꯤꯡ ꯍꯡꯇ-ꯟꯁꯇ ꯅꯪꯡꯆꯨꯇ ꯇꯣꯖꯣꯃꯁ ꯗꯃꯇꯔ ꯃꯆꯨ ꯃꯣꯍꯕꯔꯔꯤ ꯍꯥꯄꯤꯔꯍꯃꯟꯤ ꯃꯃꯣꯍꯔꯄꯤ ꯏꯤꯔꯃ ꯃꯆꯨꯔ ꯃꯕꯤꯂꯨ ꯇꯥꯍꯨꯡꯔꯇ ꯇꯣꯖꯣꯃꯁꯔ ꯅꯥꯃꯇ ꯇꯥꯍꯇ ꯖꯣꯃꯃꯇꯤ ꯫

ꯟꯂꯪꯃꯇ ꯇꯨꯡꯗꯥꯍ-ꯅꯥꯍꯏꯔ ꯋꯥꯍꯔ ꯃꯂꯤꯔꯨ ꯃꯕꯤꯇꯣ ꯋꯥꯍꯆꯨꯇ ꯄꯣꯟꯃ ꯔꯨꯀꯔ ꯍꯟꯃ ꯃꯍꯔ ꯃꯍꯨꯃꯟꯡ ꯋꯡꯇꯃꯍꯤ꯫ ꯔꯨꯀꯇ ꯍꯨꯃꯇꯃꯍꯤ: ꯂꯪꯀ ꯁꯥꯍꯔꯔꯄꯤ ꯇꯡꯖꯕꯃꯁ / ꯁꯨꯊꯂꯤꯄꯤ ꯃꯃꯥ-ꯃꯃꯨꯃ / ꯃꯋꯣꯡꯔ ꯍꯅꯥꯃꯄꯤ ꯍꯕꯃꯟ ꯁꯨꯊꯂꯤꯔꯨ ꯃꯕꯤꯂꯨ ꯇꯥꯍꯨꯡꯔꯇ ꯖꯃꯔ ꯗꯃꯔ ꯁꯥꯃꯄꯀꯔꯣ ꯍꯨꯑꯥꯍꯔꯄꯤ ꯇꯨꯡꯗꯥꯍ-ꯅꯥꯍꯏꯔꯇꯤ ꯫ ꯍꯤꯃꯣꯍ ꯃꯍꯇ ꯇꯨꯡꯗꯥꯍꯔ ꯇꯌꯟꯕꯄ ꯃꯑꯥꯔ ꯏꯤꯔꯃ ꯍꯅꯥꯃ / ꯍꯥꯍꯁꯥꯃꯁ ꯇꯌꯟꯕꯄ ꯍꯥꯍꯖꯤꯔ / ꯟꯣꯡꯔ ꯇꯌꯟꯕꯄ ꯍꯥꯡꯔ/ ꯃꯏꯔ ꯇꯌꯟꯕꯄ ꯏꯌꯟꯔ ꯍꯤꯡꯑꯌ ꯍꯥꯍꯅꯣꯃꯇꯔ ꯅꯥꯍ : ꯍꯤ ꯍꯨꯔꯤꯡꯍꯃ ꯍꯅꯥꯃ ꯃꯂꯤ ꯖꯪꯡꯇꯔ ꯅꯥꯍ ꯫ ꯟꯣꯍꯨꯃꯔꯂꯨꯡ ꯍꯤ ꯃꯍꯇ ꯏꯤꯔꯃ ꯍꯨꯔꯤꯡꯔ ꯍꯣꯍꯣꯊ ꯇꯣꯃꯁ ꯗꯃꯇꯔꯕ ꯃꯂꯪꯡꯔ ꯍꯣꯍꯣꯊ-ꯍꯤꯇꯣꯃ ꯖꯍꯣꯍꯔꯄꯤ ? ꯍꯤ ꯃꯍꯇ ꯍꯥꯄꯤ ꯍꯨꯑꯥꯍꯔꯄꯤ ꯇꯨꯕꯔ ꯖꯍꯣꯍꯄꯤ ꯃꯥꯑꯤꯊꯔ ꯁꯨꯃꯇꯤꯡ-ꯋꯃꯑꯥꯡ ꯍꯡꯔ-ꯟꯁꯃ ꯃꯂꯤ ꯖꯃꯔ ꯗꯃꯇꯔꯔꯤ ꯍꯋꯥꯃ ꯟꯂꯪꯡ-ꯟꯃꯪꯡꯇ ꯇꯨꯡꯗꯥꯍꯕꯔꯇꯤ ꯫

ꯁꯨꯃꯇꯤꯡ-ꯋꯃꯑꯥꯡ ꯍꯡ-ꯟꯁꯃ ꯃꯂꯤ ꯍꯁꯥꯊꯖꯣꯃꯟꯄꯤ ꯃꯣꯍꯕꯔꯔꯤ ꯇꯨꯍꯤꯌ ꯍꯨꯔꯤꯡꯄꯤ ꯁꯨꯊꯂꯤꯔ ꯍꯂꯨꯇ ꯖꯍꯇ ꯍꯟꯪꯡ ꯃꯣꯍꯕꯣꯍ ꯫ ꯍꯂꯤꯔꯤ ꯍꯤꯃꯣꯍ ꯍꯨꯔꯤꯡꯇ ꯇꯨ.ꯡꯔ ꯁꯪꯟꯕꯣꯀ ꯇꯌꯟꯕꯄ ꯄꯪꯂꯣꯇꯤꯊꯄꯤ ꯟꯪꯡꯃꯤ ꯃꯍ ꯁꯨꯔꯂꯨꯃꯔꯇꯤ ꯫ ꯇꯣꯕꯤꯃ ꯃꯍꯟꯃ ꯑꯣꯡꯍꯕꯔꯔꯤ ꯍꯨꯔꯃꯟ ꯂꯥꯖꯤꯇ ꯁꯣꯍꯥꯍꯂꯨꯇ ꯍꯣꯕꯤꯃ

ꯆꯥꯝ-ꯆꯥꯝ ꯁꯥꯇꯈꯣꯃꯊꯃꯌꯨꯅ ꯆꯦ / ꯂꯪꯒꯅ ꯂꯪꯒꯅ ꯄꯥꯃꯀꯦꯆꯃꯗꯅꯤ ꯂꯥꯇꯕꯗꯤ ꯑꯊꯤꯕ ꯑꯁꯥꯍ-ꯁꯥꯍꯗꯃꯤ ꯀꯥꯀꯗ ꯑꯍꯅ ꯋꯒꯀꯊꯥ ꯍꯈꯃ ꯍꯈꯃ ꯁꯣꯃꯂꯒꯗꯨꯅ ꯌꯨꯃꯗ ꯑꯄꯥꯕ ꯂꯪꯒꯅ ꯂꯪꯒꯅ ꯅꯃꯂꯒꯃꯅꯤ ꯫ ꯕꯤꯁꯥꯋꯅꯥ ꯋꯥꯆꯪꯒ ꯌꯦꯗꯨꯅ ꯌꯪꯃꯗꯤ ꯑꯗꯨ ꯌꯁꯅ ꯌꯁꯅ ꯂꯥꯃꯂꯒꯃꯗꯕꯅꯤ ꯫ ꯍꯋꯥꯃꯤ ꯑꯊꯤꯕ ꯋꯒꯀꯊꯥꯃꯤ ꯍꯦꯊꯤꯃꯋꯤꯃꯗꯤ ꯑꯗꯨꯍ ꯈꯣꯊꯃꯗꯅꯤ ꯌꯦꯇꯃꯨꯕꯋꯨꯃ ꯍꯀꯣꯇꯅ ꯈꯣꯃꯆꯃꯁ ꯍꯌꯍꯗ ꯍꯀꯣꯇꯃ ꯆꯣꯇꯅꯊꯃꯁ ꯈꯥꯐ ꯑꯗꯨꯍꯃ ꯄꯥꯗꯅꯤ / ꯑꯅꯦꯕ ꯈꯥꯐꯗꯤ ꯂꯦꯆꯤꯒꯗ꯭ꯊꯪ ꯫ ꯍꯀꯣꯇꯃ ꯆꯣꯇꯅꯊꯃꯁ ꯈꯥꯐ ꯑꯗꯨꯌꯃ ꯆꯣꯇꯗ꯭ꯊꯤ ꯓꯥꯐꯕ ꯁꯥꯇꯂꯥꯃꯌꯃ ꯄꯥꯃꯗꯅꯤ ꯑꯗꯨꯗꯃꯤ ꯍꯀꯣꯇ ꯍꯨꯀꯀ꯭ꯊꯃꯅꯤ ꯫ ꯍꯍꯣꯈꯃꯗꯗꯤ ꯍꯋꯥꯅ ꯆꯍꯕꯤ ꯑꯋꯣꯍꯗ ꯂꯪꯒꯅ ꯑꯋꯨꯍ ꯑꯋꯨꯍ ꯄꯃꯋꯤꯒꯕꯗ ꯅꯨꯃꯋꯤꯕ ꯑꯍꯗꯤ ꯍꯤꯅꯨꯃꯋꯤꯃꯤ ꯇꯃꯆꯕ ꯇꯋꯤꯃ ꯈꯣꯃꯂꯒꯕ ꯂꯦꯊꯃꯇ ꯑꯗꯨꯃ ꯌꯪꯃꯗꯤ ꯑꯗꯨ ꯇꯋꯤꯃ ꯑꯋꯤꯅ ꯈꯒꯆꯪ ꯫ ꯂꯦꯆꯤꯃꯌꯤ ꯍꯦꯊꯤꯃ ꯑꯗꯨ ꯂꯪꯃ ꯆꯥꯃꯁꯃ ꯑꯗꯨꯍ ꯍꯨꯀꯆꯪ ꯫ ꯍꯥꯓꯒꯗ ꯄꯥꯐꯆꯊꯃꯁ ꯈꯥꯐ ꯀꯆꯤꯃꯌꯃ ꯑꯗꯨ ꯓꯥꯐꯕ ꯄꯥꯃꯁ ꯓꯃꯍꯗꯊꯪ ꯫

ꯄꯥꯃꯓꯨꯆꯣꯒꯃꯤ ꯈꯥꯃꯌ (intellectual level) ꯃꯅꯥꯃꯨꯍꯕ ꯑꯍꯅ ꯍꯋꯤ ꯀꯃꯕ ꯄꯥꯇ ꯍꯦ ꯄꯥꯃꯆꯕꯗꯤ ꯄꯥꯌꯊ-ꯁꯍꯁ (water pump) ꯈꯦꯊꯥꯃ ꯌꯦꯃꯗꯕꯅꯤ ꯫ ꯑꯗꯨꯕ ꯍꯦ ꯄꯥꯃꯀꯦꯆꯃꯁ ꯍꯌꯍꯗ ꯍꯥꯗꯤ ꯁꯪꯌꯊꯣꯗ ꯁꯍꯁ ꯁꯨꯈꯣꯃꯌꯨꯅ ꯍꯦꯆꯥꯐ ꯄꯥꯃꯀꯦꯂꯗꯆꯪ ꯫ ꯍꯦꯆꯥꯐ ꯑꯗꯨꯃꯤ ꯍꯌꯨꯃꯗ ꯍꯋꯥꯃꯤ ꯑꯊꯥꯒꯕ ꯀꯃꯆꯪ ꯑꯗꯨꯍꯃꯌꯗ ꯍꯈꯃꯗꯋꯨ ꯑꯗꯨꯍꯅ ꯌꯦꯊꯪ : ꯍꯊꯍꯗꯤ ꯍꯋꯥꯃꯤ ꯆꯦꯋꯤꯃ ꯃꯨꯄꯣꯍꯗꯃꯤ ꯑꯣꯇꯕꯅꯤ ꯫ ꯌꯋꯪꯃꯅ ꯑꯋꯤꯃꯕ ꯍꯤ ꯑꯣꯇꯊꯕꯗꯤ (ꯃꯤꯄꯥꯒ ꯆꯦꯕ ꯍꯤ ꯑꯣꯇꯊꯕꯗꯤ) ꯍꯦ ꯄꯥꯃꯁꯨ ꯁꯪꯌꯊꯣꯗ ꯄꯥꯇꯋꯤꯗꯆꯣꯇ ꯫ ꯍꯋꯥꯅ ꯈꯣꯃꯆꯃꯃꯗꯦꯕ ꯑꯍꯥꯃ-ꯑꯌꯦꯨ ꯀꯃꯓꯤ ꯍꯊꯍ ꯑꯗꯨꯅ ꯍꯤꯃꯤꯋꯨ ꯍꯌꯪꯃ ꯑꯣꯇꯃꯗꯕ ꯍꯋꯥꯃꯤꯋꯨ ꯍꯌꯪꯃ ꯑꯣꯇꯃꯗꯕ ꯍꯤꯕꯨ ꯒꯨꯃꯋꯤꯕ ꯑꯍꯗꯤ ꯍꯤꯒꯨꯃꯋꯤꯃꯤ ꯑꯣꯇꯕ ꯑꯍꯃꯕ ꯇꯋꯤꯃ ꯄꯥꯇꯋꯤꯒꯃꯗꯕꯅꯤ ꯫

ꯒꯨ.ꯃꯃꯤ ꯆꯦꯋꯤꯃ ꯑꯗꯨ ꯋꯥꯓꯥꯈ-ꯇꯁꯣꯍꯃꯤ ꯈꯥꯃꯌ ꯆꯦꯃꯗꯕꯅꯤ ꯫ ꯂꯪꯃꯌ ꯆꯦꯊꯍꯕ ꯓꯤꯕꯍꯗ ꯓꯥꯈꯊꯃꯁ ꯋꯥꯓꯥꯈ-

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

ꯑꯅꯤꯁꯨꯕ ꯄꯥꯡꯅꯨꯊꯄꯤ ꯃꯤꯑꯣꯏ ꯑꯃꯅꯗꯤ ꯃꯥꯂꯦꯝ ꯑꯁꯤꯗ ꯑꯔꯡꯕ ꯍꯥꯏꯕ ꯊꯣꯎꯁꯛ ꯑꯗꯨ ꯐꯡꯂꯅꯤ : ꯁꯦꯜ / ꯐꯝ / ꯁꯛꯌꯣꯏ ꯑꯗꯨꯕꯨ ꯃꯍꯥꯛꯁꯨ ꯂꯩꯁꯤꯡꯗꯤ ꯂꯩꯔꯣꯏ ꯫ ꯊꯡꯕꯗꯒꯤ <ꯑꯩꯌꯣꯒꯤ> ꯍꯥꯏꯕ ꯋꯥꯈꯜ ꯑꯃ ꯊꯣꯛꯏ ; ꯊꯡꯕꯗꯒꯤ ꯍꯥꯏꯕꯗꯤ <ꯑꯩꯌꯣꯒꯤ> ꯍꯥꯏꯕ ꯂꯥꯡꯌꯣꯛꯌꯣꯕ / ꯅꯦ-ꯅꯥ ꯌꯥꯗꯕ ꯋꯥꯈꯜ ꯑꯁꯤꯅ ꯌꯨꯡꯗ ꯑꯃꯝꯕ ꯁꯔꯨꯡꯌ ꯑꯣꯍꯟꯒꯅꯤ ꯈꯡꯗꯕꯅ <ꯑꯩꯌꯣꯒꯤ> ꯍꯥꯏꯕ ꯅꯥꯊꯜ ꯑꯁꯤ ꯊꯣꯛꯍꯜꯂꯤ ꯫

ꯑꯍꯨꯝꯁꯨꯕ ꯄꯥꯡꯅꯨꯊꯌ ꯂꯩꯕ ꯃꯤꯑꯣꯏ ꯑꯃ ꯍꯥꯏꯔꯕꯗꯤ ꯃꯍꯥꯛ ꯑꯁꯤ ꯑꯍꯥꯟꯕ ꯄꯥꯡꯅꯨꯊꯌ ꯂꯩꯕ ꯃꯤꯑꯣꯏ ꯑꯃꯒ ꯐꯤꯕꯝ ꯃꯥꯟꯅꯩ : ꯑꯃꯝꯕꯅ ꯄꯣꯍꯁꯤꯜꯂꯤ ꯑꯗꯨꯕꯨ ꯃꯍꯥꯛ ꯂꯩꯁꯤꯛ ꯂꯩ / ꯂꯩꯔꯤꯕ ꯐꯤꯕꯝꯗꯨ ꯃꯡꯉꯤ ꯫ ꯃꯥꯅ ꯅꯡꯂꯤꯕ / ꯐꯡꯂꯤꯕ / ꯑꯋꯥ-ꯑꯅꯥ ꯊꯨꯝꯅꯃꯛꯄꯤ ꯃꯔꯝ ꯃꯁꯥꯃꯛꯅ ꯌꯩꯈꯤꯕ ꯀꯕꯛꯄꯤ ꯃꯍꯩꯅꯤ ꯈꯛꯅ ꯃꯥ ꯃꯁꯥꯅ ꯏꯛꯅ-ꯌꯊꯅ ꯌꯩꯕ ꯋꯥꯕ ꯌꯩꯕꯨꯅ ꯐꯤꯕꯝ ꯀꯣꯡꯅꯣꯛꯅꯕ ꯌꯩꯋꯤ ; ꯑꯗꯨꯒ ꯃꯤꯄꯣꯟꯅ ꯁꯥꯍꯕ/ ꯌꯨꯄꯋꯕꯒꯤ ꯃꯍꯨꯎꯌ ꯃꯥꯀꯣꯟꯅ ꯃꯥꯡꯅꯕ ꯌꯩꯔꯛꯊ ꯃꯤ ꯐꯥꯗꯕꯅ ꯅꯨꯡꯁꯤꯅ ꯑꯃꯁꯨꯡ ꯃꯤꯅꯨꯡꯁꯤꯒ ꯂꯣꯏꯅꯅ ꯌꯩꯕꯤ ꯫ ꯃꯥꯅ ꯌꯨ.ꯡꯒꯤꯗꯃꯛ ꯁꯦꯝ-ꯁꯥꯕ ꯊꯨꯝꯅꯃꯛ ꯑꯔꯡꯕ ꯒꯥꯛꯌꯅꯤ (ꯑꯐꯕ ꯒꯥꯛꯌꯅꯤ) ꯫

ꯂꯣꯏꯁꯤꯜꯂꯛꯊꯗ / ꯃꯔꯤꯁꯨꯕ ꯄꯥꯡꯅꯨꯊꯄꯤ ꯃꯤꯑꯣꯏ ꯑꯃꯅ ꯑꯅꯤꯁꯨꯕ ꯄꯥꯡꯅꯨꯊꯄꯤ ꯃꯤꯑꯣꯏ ꯑꯃꯒꯨꯝ ꯁꯦꯜ / ꯐꯝ / ꯑꯃꯁꯨꯡ ꯁꯛꯌꯣꯏ ꯃꯥꯒꯤꯅꯤ ꯑꯗꯨꯕꯨ ꯑꯅꯤꯁꯨꯕ ꯄꯥꯡꯅꯨꯊꯄ ꯃꯥꯟꯅꯗꯕ ꯃꯑꯣꯡꯗ ꯃꯥꯗꯤ ꯂꯩꯁꯤꯡꯅ ꯂꯩꯌꯦꯡꯒꯤ ꯫ ꯃꯥꯗꯤ ꯃꯥꯒꯤ ꯂꯩꯇꯕ ꯊꯨꯝꯕ ꯃꯁꯥꯒꯤ ꯑꯃꯁꯨꯡ ꯃꯋꯥꯊꯣꯟꯕ ꯃꯋꯥꯝꯒꯤꯗꯃꯛ ꯁꯤꯂꯤꯟꯅꯩ / ꯂꯦꯝꯍꯩꯕ ꯑꯗꯨꯅ ꯑꯌꯣꯊꯊ ꯃꯋꯥꯝꯒꯤ ꯀꯕꯛꯌ ꯁꯤꯂꯤꯟꯅꯀꯣꯛꯏ / ꯅꯨꯡꯁꯤꯅ ꯃꯤꯅꯨꯡꯁꯤꯒ ꯂꯣꯏꯅꯅ ꯌꯩꯋꯤ ꯫ ꯀꯩꯂꯤꯛꯁꯨ ꯒꯥꯜꯂꯦ / ꯌꯨꯛꯒꯤꯁꯨ ꯫

ꯑꯃꯝꯕ (ꯐꯎꯌꯕ) ꯀꯦꯡꯅꯒꯦ ꯅꯎꯌꯔꯒ ꯑꯒꯥꯟꯕ (ꯑꯐꯕ) ꯀꯦꯡꯅꯒꯦ ꯍꯥꯕꯁꯤ ꯃꯤ ꯑꯃꯅ ꯍꯦꯡꯌ ꯈꯟꯕ ꯒꯝꯗꯦ ꯃꯥꯒꯤ ꯍꯩꯈꯤꯕ ꯁꯟꯈꯔꯥ ꯑꯗꯨꯅ ꯂꯦꯊꯄꯅꯤ ꯫ ꯍꯩꯈꯔꯕꯗꯤ ꯄꯅꯥꯅꯁꯨ ꯍꯣꯡꯗꯣꯛꯊ ꯒꯝꯗꯦ ꯑꯗꯨꯕꯨ ꯍꯩꯂꯤꯛ ꯍꯩꯂꯤꯛ ꯑꯁꯤꯕꯨꯗꯤ

[illegible] || [illegible] (future) [illegible] || [illegible] (awareness) [illegible] || [illegible] (future) [illegible] ([illegible]) ||

[illegible] || [illegible] ||

[illegible] ||

_____________*******_____________

[illegible]

[illegible] (application of the technique in daily life) [illegible] (ten parami (paramitra) :- charity (dana), morality (sila), renunciation, wisdom (panna), effort, tolerance, truthfulness, strong determination, selfless love (metta), equanimity)

[illegible] (technique) [illegible] ||

[illegible] ?

[illegible] (mind and matter [illegible]) [illegible] (reality [illegible]) [illegible]

[illegible] (attention) [illegible] (unconscious level) [illegible]

[illegible]

[illegible] (conscious level) [illegible] (unconscious level) [illegible]

[illegible] (conscious level) [illegible] (abstract [illegible]) [illegible]

ꯑꯗꯨꯁꯑꯣꯟꯂꯍꯃ ꯂꯣꯡꯤꯃ-ꯍꯃꯤꯒ ꯀꯃꯂꯟ ꯍꯤꯑꯣꯟꯡꯤꯃꯂ ꯃꯖꯣꯃꯂꯁꯍꯤ ꯑꯃꯂꯤꯃꯅ ꯖꯌꯣꯟ ꯄꯤꯐꯒ ꯑꯍ ꯇꯃ ꯃꯣꯃꯂꯃꯃ ꯍꯣꯁꯅ ꯇꯃꯋꯤꯃ ꯑꯡꯤꯅ ꯐꯃꯟ ꯁꯟꯌꯤ ꯖꯤꯃꯣ ꯃꯌꯡꯃ ꯑꯂꯤꯐꯃ ꯍꯣꯁ ꯑꯍꯣꯅ ꯖꯣꯃꯃꯂꯤ / ꯑꯍꯂ biochemical reaction ꯖꯣꯃꯃꯂꯤ ; ꯑꯗꯨꯂ ꯡꯤꯀꯤꯁ-ꯁꯃꯣꯁ (sensation) ꯃꯤꯇꯒꯂꯃꯃꯂꯤ ; ꯑꯣꯃꯃ ꯑꯍꯂ ꯡꯣꯄ ꯇꯣꯋꯅꯣꯃ-ꯇꯣꯋꯂꯤꯋꯅ ꯑꯃꯤꯁꯟ ꯁꯌꯂꯃꯃꯂꯤ ꯫ ꯣꯡꯃ-ꯣꯡꯃꯂ ꯁꯄꯟ ꯃꯤꯁꯨꯁ ꯀꯃꯂꯁꯍꯤ ꯫ ꯡꯤꯀꯣꯃꯅꯟ (ꯍꯡꯃ ꯁꯅꯟ) ꯃꯨꯃꯂꯤꯃꯤ ꯑꯍꯣꯌꯃꯨ ꯅꯃꯟꯅꯤ ꯅꯤꯁꯂ ꯂꯨꯃꯂꯤ ꯑꯗꯨꯨ ꯑꯍꯣꯌꯃꯂ ꯇꯃꯋꯤꯃꯅ ꯡꯤꯀꯣꯃꯂꯃꯃ ꯡꯣꯄ (respiration) ꯑꯍꯅꯤ ꯡꯤꯀꯤꯁ-ꯁꯃꯣꯁꯨ ꯅꯃꯟꯅꯤ ꯣꯁꯟꯤꯄꯤ ꯖ.ꯂ ꯇꯤꯇꯋꯟ ꯅꯤꯁ ꯫ ꯑꯍꯣꯌꯃ ꯑꯍ (a defilement) ꯡꯤꯀꯣꯃꯂꯃꯃ ꯡꯃꯀꯁꯨ ꯅꯃꯗꯨꯂ ꯂꯣꯄꯃ ꯃꯤꯐꯌꯇꯒꯂꯃꯃ ꯅꯤꯁ ꯍꯄꯤꯡ ꯑꯃꯤꯁꯟ ꯖꯣꯃꯇꯒꯂꯁꯅꯂ ꯋꯌꯇꯋꯐꯤꯟꯡ ꯅꯤꯁ ꯫ ꯑꯍꯣꯌꯃꯅꯤ ꯍꯇꯤꯃ ꯂꯤꯋꯖꯣꯃꯃꯂꯤ ꯫

ꯖꯣꯑꯣꯃ (technique) ꯑꯡꯤ ꯀꯂꯂ ꯐꯃꯟꯅ ꯍꯣꯁ ꯋꯃꯤꯂꯤ ꯑꯗꯨꯨ ꯇꯣꯌꯂꯄꯟꯅꯤ ꯣꯃꯂ ꯣꯃꯂ ꯍꯃꯤꯋꯤ ꯀꯤꯟꯁꯅ ꯇꯋꯂ ꯇꯋꯂ ꯂꯤꯃꯇꯋꯂꯟ ꯄꯤꯐꯒꯤ ꯂꯣꯁꯂꯂ ꯇꯤꯋꯂ ꯑꯀ-ꯀꯌꯣ / ꯑꯃꯤꯁ-ꯃꯤꯁꯅ ꯄꯤꯀꯁ (reaction) ꯀꯣꯃꯅꯣꯃꯂꯁꯟꯨ ꯇꯂꯤꯃꯣꯤ ꯃꯄꯤꯡ ꯂꯤꯍꯨꯃꯅꯂ ꯃꯨꯃꯂꯤꯃ ꯁꯃꯂ ꯂꯖꯃꯃ ꯀꯃꯁꯂꯤꯂꯤ ꯫ ꯑꯀ-ꯀꯌꯣ ꯑꯃꯤꯁ-ꯃꯤꯁꯅ ꯀꯣꯃꯅꯣꯃꯂꯟꯡ ꯍꯨ ꯇꯤꯋꯂꯤ ꯍꯣꯤꯁ ꯡꯤꯀ ꯃꯃꯃꯋ-ꯃꯒꯂꯄꯣꯁ / ꯃꯃꯃꯁ-ꯃꯁꯄꯄꯣꯁ ꯫ ꯍꯣꯁ ꯑꯍ ꯂꯤꯃꯃꯂꯤ ꯐꯄꯤꯁꯅꯤ ꯇꯋꯂ ꯡꯤꯁꯂꯤꯃꯇꯋꯟ ꯀꯤꯟꯁꯅ / ꯡꯣꯄ ꯑꯍꯡꯃ ꯡꯤꯀꯤꯁ-ꯁꯃꯣꯁꯂ ꯍꯤꯃꯂꯂ ꯣꯤꯃꯂꯃꯃ ꯄꯤꯀꯁꯨ ꯂꯤꯃꯖꯤꯂ ꯅꯃꯡꯤꯋꯟ ꯀꯃꯁꯤꯂꯤ ꯑꯍꯡꯃ ꯍꯤꯌꯃꯃ ꯐꯄꯅꯤ ꯍꯐꯣꯁꯨ ꯅꯃꯗꯨꯂ ꯂꯣꯄꯤꯂꯤ ꯫ ꯍꯡꯤꯂ ꯍꯡꯤꯨ ꯅꯃꯗꯨꯂ ꯂꯣꯂꯤ ꯍꯤꯃꯃ ꯐꯄꯤ ꯍꯣꯁ ꯑꯡꯤ ꯍꯃꯤꯋꯅꯤ ꯃꯤꯄꯃꯃ ꯖꯟꯃ ꯅꯤꯃꯡꯤꯋꯂꯟ ꯡꯤꯀ ꯑꯍꯡꯃ ꯃꯤꯁꯨꯁ ꯃꯤꯂꯟ ꯍꯣꯁ ꯑꯂꯤꯤ ꯍꯄꯃꯣ ꯖꯄꯃꯃ ꯋꯖꯃ-ꯡꯤꯀꯇꯋꯟ ꯍꯄꯃꯂꯤ ꯫ ꯐꯃꯅꯂ ꯑꯀ-ꯀꯌꯣ

ꯃꯥꯁꯂꯨꯁ ꯃꯤꯕꯒꯤ ꯑꯊꯨꯌꯔ ꯃꯨꯗꯀꯤꯗꯅꯤ ꯐꯈꯤꯂꯨ ꯇꯦꯋꯣꯍꯅꯀ ꯍꯗꯀ ꯍꯩꯇꯣꯗꯐꯀꯤ / ꯑꯤꯕꯨꯂꯨ ꯑꯔꯣꯪꯗ ꯃꯥꯗꯕ ꯑꯂꯥꯕꯨꯂꯨ ꯑꯔꯣꯪꯗ ꯃꯥꯗꯕ ꯁꯗꯁꯒꯅꯕ ꯑꯋꯣꯗꯅ ꯇꯕꯗ ꯃꯈꯤꯗ ꯄꯌꯇꯕ ꯁꯗꯁꯒꯀꯤ ꯫

ꯃꯨꯗꯀꯤꯗꯅ ꯐꯥꯈꯗꯃ ꯆꯌꯔꯕ ꯋꯑꯣꯌꯃ ꯄꯥꯟꯊ ꯑꯨꯇꯌꯀꯕ ꯋꯑꯂꯨꯗ ꯊꯗꯄꯥꯗ ꯑꯂꯨꯗꯅ ꯆꯥꯁꯈꯗꯃ ꯂꯥꯆꯥꯁ-ꯍꯃꯣꯁꯕꯨ ꯑꯨꯋꯀ ꯍꯪꯗꯍꯒ ꯃꯨꯗꯀꯤꯗꯒꯤ ꯊꯣꯀꯕꯤ ꯑꯄꯌ (ꯀꯣꯁꯀꯥ) ꯊꯣꯗꯅꯣꯗꯀꯕ ꯀꯂꯥꯀ ꯋꯊꯥꯋꯕ ꯟꯣꯗꯇꯥꯗ ꯃꯥꯍꯟꯌꯍꯪ ꯫

ꯊꯪꯗ ꯃꯣꯗꯃꯅꯒꯤ ꯑꯃꯥꯋꯅꯔ ꯍꯪꯗꯀꯕ ꯔꯣꯁꯕꯤꯃꯨꯀꯔ ꯍꯦꯈꯕꯀꯤ ꯫ ꯐꯍꯥꯀꯂꯨ ꯑꯂꯥ ꯑꯔꯣꯁꯔꯒꯤ ꯂꯨ.ꯗꯅ ꯍꯪꯗꯅꯪ ꯋꯃꯨꯀ ꯐꯀꯥꯂꯨ ꯑꯂꯥꯒꯤ ꯄꯥꯆꯁꯕꯨ ꯂꯨ.ꯀ ꯃꯨꯃꯇꯀ ꯍꯪꯗꯕ ꯁꯗꯁꯅꯪ ꯫ ꯑꯂꯥꯅ ꯊꯋꯀ ꯍꯪꯗꯕꯒꯤ ꯑꯊꯨꯌꯔ ꯑꯂꯥꯒꯤ ꯋꯄꯥ-ꯋꯀꯥ ꯋꯃꯨꯒꯤ ꯑꯈꯁ ꯃꯨꯁꯀꯑꯗ ꯑꯃꯥꯋꯅ ꯍꯪꯗꯁꯤ ꯫ ꯑꯂꯥꯀ ꯆꯗꯍꯤꯕ ꯂꯨꯗꯁꯥꯍꯔꯕ ꯃꯨꯁꯀꯑꯗꯐꯤ ꯑꯈꯥꯟ ꯋꯔꯣꯃꯃꯂꯤꯗꯅ ꯔꯥꯍꯂꯤꯟꯍꯤ ꯫ ꯐꯀꯥꯒꯨꯁꯕꯀ ꯃꯣꯌꯂꯤꯗꯕꯨ ꯑꯥꯍꯐꯦ ꯋꯑꯌꯔꯅꯒꯤ ꯍꯪꯗꯁꯤ ꯫ ꯑꯄꯪꯌ-ꯑꯐꯥꯍ ꯋꯣꯍꯕ ꯑꯤꯌꯍꯪꯗꯀꯤ / ꯍꯥꯋꯀ ꯄꯌꯍꯤꯒꯅꯕ ꯑꯤꯌꯍꯪꯗꯀꯤ ꯋꯃꯨꯕꯨ ꯋꯑꯀꯅꯤ ꯑꯂꯤ ꯃꯨꯁꯌꯨꯁ ꯌꯨꯁꯍꯕꯀꯤ ꯊꯥꯍꯀ ꯍꯦꯄꯤ ꯫ ꯑꯃꯨꯗ-ꯆꯥꯅꯕ ꯄꯥꯆꯁ ꯋꯂꯤꯅꯒꯤ ꯍꯪꯃꯃ ꯄꯥꯈꯪꯃꯔꯤ ꯑꯂꯥꯒꯤ ꯋꯑꯂꯨꯗ ꯋꯔꯣꯃꯃꯒꯤ ꯑꯥꯗꯀꯤꯗꯁꯥꯍꯀꯤ ꯫ ꯋꯌꯨꯁꯕ ꯑꯃꯨꯁꯨ ꯁꯀꯀꯕ ꯑꯥꯍꯐꯦ ꯋꯑꯅꯒꯤ ꯊꯪꯋꯕ ꯑꯆꯁꯅꯒꯤ ꯍꯪꯗꯒꯅꯕꯀꯤ ꯫ ꯑꯂꯤꯅꯤ ꯕꯤꯃꯥꯂꯀꯥ ꯔꯣꯈꯒ ꯔꯣꯁꯒꯅꯕ ꯄꯥꯆꯁꯀꯤ ꯑꯃꯥꯋꯒꯤ ꯋꯌꯨꯁꯕ ꯋꯃꯨꯔ ꯀꯌꯔꯣꯀ ꯑꯨꯗꯒꯤꯂꯨ ꯫

ꯑꯥꯍꯐꯦ ꯋꯑꯔꯅꯒꯤ ꯍꯪꯗꯍꯕꯅꯤ ꯐꯀꯥꯒꯨꯁꯕꯀ ꯑꯥꯒꯤ ꯋꯄꯥꯕ ꯋꯀꯥꯕꯨ ꯋꯔꯣꯃꯃ ꯑꯤꯋꯣꯍꯀ ꯇꯣꯗꯊꯋꯕꯀꯤ / ꯑꯃꯥꯋꯅꯒꯤ ꯇꯣꯗꯊꯋꯕꯀꯤ ꯊꯥꯍꯀ ꯟꯊꯍꯤ ꯫ ꯑꯈꯁ ꯋꯂꯤꯀ ꯐꯀꯥꯒꯨꯁꯕꯀ ꯑꯔꯤꯗ ꯆꯨꯅꯣꯗꯔꯨꯀ ꯑꯤꯁꯣꯋꯅ ꯇꯗꯍꯤꯋꯀꯕ / ꯑꯃꯥꯋꯒꯤ ꯆꯤꯕꯁꯅ ꯔꯥꯍꯂꯤꯋꯀꯕ ꯊꯣꯌꯀꯦ ꯫ ꯑꯂꯤꯅꯤ ꯆꯨꯅꯤꯌꯔ ꯑꯥꯗꯍꯣꯗ ꯄꯣꯗꯕꯀꯤ ꯋꯈꯪꯁꯕꯅ ꯃꯗꯊꯣꯌ-ꯊꯣꯌꯀꯕꯀꯤ ꯫ ꯐꯀꯥꯒꯨꯁꯕ ꯋꯑꯀ ꯑꯂꯥ ꯑꯂꯨꯗꯅ ꯍꯦꯕ ꯋꯂꯣꯍꯕꯨ ꯍꯪꯗꯕ ꯊꯦꯈꯕꯅꯤ ꯑꯥꯀ ꯆꯗꯍꯤꯕ ꯋꯄꯥꯕ ꯀꯌꯔꯣꯈꯒ ꯂꯨꯗꯁꯥꯍꯕ ꯋꯃꯨꯒꯤ

[illegible]

[illegible] (react [illegible]) ? [illegible] (influence) [illegible]

[illegible] (practice [illegible]) [illegible] ([illegible]) [illegible] ꯫

[illegible] (parami) [illegible] <[illegible]> [illegible] ꯫ [illegible] (parami) [illegible] <[illegible]> [illegible] ꯫ [illegible] (vipassana course) [illegible] (parami) [illegible] ꯫

꯱) [illegible] nekkhamma (renunciation) [illegible] ([illegible]) ꯫ [illegible] ;

[illegible] (course) [illegible] (charity) [illegible]

৪) [illegible] sila (morality) [illegible]

[illegible]

[illegible]) [illegible] viriya (effort) [illegible]

[illegible]) [illegible] panna (wisdom) [illegible] <[illegible]> (ego) [illegible] (reality) [illegible]

[illegible]) [illegible] khanti (tolerance) [illegible]

[illegible] || [illegible] / [illegible] || [illegible] ([illegible]) [illegible] ||

[illegible]) [illegible] sacca (truth) [illegible] || [illegible] sila [illegible] || [illegible] (sacca) [illegible] || [illegible] || [illegible] ([illegible]) [illegible] / [illegible] / [illegible] ([illegible]) [illegible] || [illegible] (reality) [illegible] ||

[illegible]) [illegible] adhitthana (strong determination) [illegible] || [illegible] vipassana course [illegible] || [illegible] / [illegible] ; [illegible] || [illegible] || [illegible]

[illegible] ; [illegible] / [illegible] (liberation) [illegible] ‖ [illegible] ‖

꯸) [illegible] metta ([illegible]) [illegible] ‖ [illegible] ‖ [illegible] ‖ [illegible] (unconscious level) [illegible] ‖ [illegible] ‖ [illegible] ‖ [illegible] / [illegible] ‖

꯹) [illegible] parami [illegible] upekkha (equanimity) [illegible] ‖ [illegible] ([illegible]) [illegible] (blind areas) [illegible] ‖ [illegible] / [illegible] ‖ [illegible] ([illegible]) [illegible] ‖

꯱꯰) [illegible] ([illegible]) [illegible] ‖ [illegible] ‖ [illegible]-

[untranscribed Meitei Mayek text] (donation) [untranscribed Meitei Mayek text] ॥

[untranscribed Meitei Mayek text] (donation) [untranscribed Meitei Mayek text] ॥

Parami ꯍꯦꯔꯣ ꯑꯁꯤ ꯆꯡꯅꯅꯕ ꯅꯁꯣꯅ ꯍꯦꯣꯋꯀꯣ ꯑꯁꯤ ꯀꯦꯔꯕꯅꯤ ꯫ ꯃꯌꯎꯁꯤꯡ (ꯄꯨꯋꯁꯤꯡ) ꯑꯁꯤꯅ ꯃꯂꯨꯡ ꯆꯣꯔꯕ ꯃꯍꯦꯛ ꯑꯈꯨꯈ ꯅꯁꯣꯄꯤ ꯑꯔꯧꯊꯕ ꯂꯣꯋꯈꯛ ꯌꯦꯔꯄꯈꯕꯅꯤ ꯫ ꯃꯊꯧꯊꯁꯤꯡ ꯑꯁꯤ ꯍꯦꯂꯅ ꯍꯦꯂꯅ ꯊꯪꯋꯄꯎꯀꯡꯅꯕ ꯊꯧꯎꯅꯈꯨꯅ ꯀꯦꯏ ꯫ ꯅꯁꯣ ꯅꯍꯦꯧꯛꯍꯦꯄꯤ ꯐꯣꯋꯅꯅꯕ ꯑꯃꯈꯤ ꯅꯤꯕꯣꯅ (nibbana) ꯆꯡꯅꯅꯕꯍꯦ ꯅꯎꯍꯦꯅ ꯑꯍꯦꯧꯂꯂꯄꯤꯁꯨ ꯐꯣꯋꯅꯅꯕ ꯑꯃꯁꯨꯡ ꯅꯤꯕꯣꯅ ꯆꯡꯅꯅꯕꯄꯤꯈꯃꯡꯍꯦ ꯑꯁꯨꯛ ꯑꯁꯨꯛ ꯌꯡꯁꯤꯋꯈꯨꯅ ꯀꯦꯏ ꯫

ꯑꯌꯣ-ꯑꯅꯣ ꯅꯡꯀꯕ (ꯆꯡꯀꯕ) ꯀꯤꯕ ꯂꯨꯛꯅꯃꯡ ꯑꯁꯪꯡꯕ ꯇꯔꯃ ꯆꯡꯕ ꯑꯧꯊꯔꯁꯅꯨ ꯑꯃꯁꯨꯡ ꯑꯔꯣꯋꯕ ꯊꯨꯕꯛ ꯆꯡꯕ ꯑꯧꯊꯔꯁꯅꯨ ꯫

ꯀꯤꯕ ꯂꯨꯛꯅꯃꯡ ꯅꯨꯡꯐꯣꯊꯕ ꯑꯧꯊꯔꯁꯅꯨ ꯫

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[illegible]

[illegible] (Review of the technique)

[illegible] ||

[illegible] (triple gems : Buddha, Dhamma, Sangha) [illegible] || [illegible] (dogma) [illegible] || [illegible] (sangha) [illegible] || [illegible] (saints) [illegible] || [illegible] ||

ꯀꯁꯪꯍ ꯑꯣꯏꯕꯅꯤ ꯑꯣꯏꯀꯣ ꯇꯦꯔꯨ ; ꯇꯍꯕꯤ ꯑꯣꯪꯍꯕ ꯀꯊꯃ ꯀꯊꯃ ꯀꯥꯃꯇꯪꯍꯕ ꯅꯃꯣꯏꯃꯇꯤꯕ ꯃꯇꯥꯂꯍꯕꯅꯤ ꯁꯦꯕꯤꯀꯃꯂꯤ ꯅꯥꯈꯃ ꯊꯪꯃꯃꯇꯤ ; ꯃꯔꯤꯂꯍꯕ ꯈꯔꯕꯃ ꯀꯤꯑꯪꯑꯕꯅꯤ ꯀꯃꯂꯇꯤ ꯊꯥꯈꯕꯂꯤ ꯅꯥꯈꯃ ꯣꯃꯁꯦ ꯁꯦꯕꯇ ꯑꯁꯪꯊꯊꯕ ꯣꯨꯕꯥ ꯁꯦꯇꯤꯃꯕ / ꯀꯁꯨꯃ ꯊꯥꯃꯇꯤꯃꯕꯣ ꯊꯪꯃꯃꯇꯤ ꯫ ꯊꯥꯈꯔꯤꯕ ꯂꯑ ꯑꯇꯤ ꯑꯣꯏ Siddhattha Gotama ꯑꯔꯤꯕ ꯅꯥꯔꯤꯂꯤ ꯕꯃꯕ ꯅꯨꯃꯇꯤꯕꯇꯤ ꯫ ꯀꯣꯥꯇ ꯊꯪꯈꯇꯇꯕꯁꯇ ꯀꯥꯇ ꯇꯦꯣꯤꯃꯂꯤ ꯀꯃꯥꯃ ꯑꯣꯏ ꯀꯃꯇꯍꯇꯤꯕꯇꯤ ꯫ ꯀꯔꯍ ꯑꯣꯏꯇ ꯀꯅꯥꯈꯊꯥꯑꯕ ꯇꯤꯕ ꯊꯍꯇꯀꯃꯁ ꯀꯤꯇꯃꯣꯏ ꯇꯦꯕꯕꯂꯤ ꯀꯥꯇ ꯀꯃꯇꯤꯕ ꯀꯦꯕꯦ-ꯀꯦꯑꯪꯃ (technique) ꯑꯣꯏ ꯁꯍꯕꯤꯂꯨ ꯊꯈꯕꯇ ꯀꯤ ꯀꯤꯔꯍꯀꯤ ꯫

ꯀꯦꯑꯪꯃ (technique) ꯑꯣꯏꯕ ꯊꯦꯇꯇꯕ ꯊꯪꯈꯇꯔꯤꯕ ꯑꯀꯕꯤ <ꯑꯦ> ꯁꯂꯤ (egotism) ꯊꯥꯈꯕ ꯑꯔꯤꯕ ꯊꯦꯇꯕꯤ ꯅꯥꯈꯃ ꯑꯣꯏ ꯈꯔꯀꯈꯦ ꯀꯥꯃꯊꯑꯕ ꯀꯍꯇꯕ ꯀꯤꯑꯪꯈꯕꯤ ꯀꯥꯑꯇꯕ ꯂꯑꯣꯏꯃꯣꯏ (ꯀꯅꯈꯣꯏꯃꯣꯏ) ꯇꯦꯔꯃꯃꯇꯤ ꯫ ꯑꯣꯨꯃꯕ ꯅꯃꯇꯀꯍ ꯑꯪꯈꯔꯤꯕ ꯀꯀꯍ / ꯑꯣꯨꯃꯕ ꯀꯥꯃꯊꯤꯔꯤꯕ ꯀꯀꯍ / ꯃꯔꯀ ꯊꯥꯈꯕꯣꯏ ꯇꯣꯥꯇ ꯇꯣꯥꯕꯤꯂꯤ ꯀꯥꯃꯊꯑꯕꯇꯤ ꯫ ꯃꯔꯀ ꯑꯣꯏ ꯊꯃꯀꯨꯃꯇꯇ ꯈꯃꯕꯂ ꯈꯔꯪꯈꯇꯇ ꯀꯦꯑꯪꯃ (technique) ꯑꯣꯏꯕ ꯊꯀꯪꯃꯁꯇ ꯁꯍꯕꯤꯔꯤꯕ ꯂꯪꯁꯀ ꯊꯥꯈꯔꯤꯕ ꯕꯃ ꯑꯪꯈꯔꯕ ꯑꯣꯏꯕ ꯁꯦꯕꯤꯀꯃ ꯁꯈꯇꯤꯃꯕꯂꯤ ꯅꯥꯈꯃ ꯊꯪꯃꯊ ꯁꯥꯕꯇꯤ ꯫ ꯅꯊꯤꯅꯥ ꯃꯑꯀꯃꯥ ꯅꯊꯇ ꯀꯃꯣꯏ ꯀꯥꯁꯕꯕ ꯀꯣꯥꯂꯤ ꯑꯪꯈꯇꯕ ꯀꯥꯕꯪꯃꯁꯇ ꯀꯦꯑꯪꯃ (ꯁꯨꯃꯇꯤꯃ) ꯑꯣꯏꯕ ꯊꯥꯑꯇꯂꯤ ꯑꯪꯈꯇꯔꯤꯕ ꯑꯣꯨꯃꯕ ꯀꯑꯪꯃꯕ ꯣꯃꯊꯪꯃ-ꯊꯪꯃꯕꯪꯃꯁꯇ ꯃꯑꯇ ꯊꯪꯈꯇꯔꯂ ꯀꯥꯃꯁꯇ (ꯅꯪꯃꯁꯇ) ꯀꯍꯇꯃꯇꯤꯕ ꯀꯈꯪꯈ ꯑꯕꯕꯣ ꯁꯦꯕꯤꯀꯃ ꯈꯃꯕꯂ ꯁꯈꯊ ꯁꯥꯕꯇꯤ ꯫ ꯀꯣꯏ ꯈꯃꯕꯂ ꯇꯪꯈꯇꯇ ꯇꯣꯥꯇ ꯀꯇꯤ ꯑꯃꯍ (Triple Gems) ꯕ ꯅꯃꯇꯀꯍ ꯇꯦꯇꯕꯇꯤ ꯫

ꯀꯀꯃꯕ ꯇꯣꯥꯇ ꯊꯥꯁꯁꯥꯃ ꯀꯥꯃꯥ ꯇꯦꯈꯈꯇꯤ ꯫ ꯀꯣꯏ ꯇꯥꯈꯣꯪꯑ-ꯁꯤꯑꯣꯪꯑ ꯇꯈꯁꯨ / ꯃꯔꯀꯂꯤ ꯀꯦꯔꯍꯣ ꯇꯈꯁꯨ ꯫ ꯊꯥꯁꯁꯥꯃ ꯀꯥꯃꯥ ꯑꯣꯏ ꯇꯦꯈꯈꯁꯇ ꯑꯀꯕꯤ ꯀꯈꯪꯈꯕ ꯈꯑꯕꯇ

[illegible] (Sila, morality) [illegible]

[illegible] Sila [illegible]

(Samadhi) [illegible] || [illegible] ||

[illegible] (technique) [illegible] (five precepts) [illegible] || [illegible] / [illegible] / [illegible] ||

[illegible] || [illegible] || [illegible] || [illegible] || [illegible] / [illegible] || [illegible] ([illegible]) [illegible] ||

[illegible] ([illegible]) [illegible] !! [illegible] ||

[illegible] (technique) [illegible] ꯫ [illegible] ([illegible]) [illegible] ꯫ [illegible] (universality) — [illegible]

[illegible] (anapana meditation) [illegible] ꯫ [illegible] (concentration –samadhi) [illegible] ꯫ [illegible] (universality) ꯫ [illegible] ꯫

[illegible] ꯫

[illegible]

[illegible] (vibration) [illegible] (natural) [illegible]

ꯑꯍꯥꯅꯤ ꯁꯔꯨ ꯑꯃꯁꯨꯡꯃꯧꯕ ꯂꯥꯕꯔꯅꯤ ꯍꯣꯥꯏꯤ ꯂꯑꯃꯥꯑ ꯍꯨꯑꯅꯤꯏꯤ ꯇꯧꯃꯑꯃ ꯋꯥꯡꯥꯁ-ꯕꯃꯧꯍ ꯍꯃꯥꯍ (vibrations) ꯫ ꯍꯃꯍ ꯑꯁꯨꯗ ꯍꯤꯑꯧꯕ ꯑꯍꯗ ꯍꯣꯥꯍꯑꯃꯤ ꯑꯁꯨꯍꯔ ꯇꯤꯏꯪ ꯂꯥꯕꯃꯔ ꯑꯍꯅꯤ ꯍꯥꯏꯤ ꯁꯨꯑꯗꯤꯑꯨ ꯋꯪꯑꯅꯧꯑꯃꯪ ꯕꯅꯗꯔꯅꯤ ꯃꯥꯕꯗꯗ ꯋꯥꯔ ꯃꯥꯂꯧ ꯑꯍꯗ ꯑꯃꯗꯔ ꯃꯃꯥꯍꯨꯍ ꯑꯧꯕꯂꯗꯔ ꯃꯥꯕ ꯫

ꯑꯣꯨꯍꯗ ꯃꯥꯕꯅꯗ ꯋꯪꯍꯗꯤꯗ-ꯋꯥꯗꯤꯗꯔ ꯋꯑꯗꯍ ꯑꯍꯅ ꯃꯪꯑꯔ / ꯁꯨꯑꯗꯤꯑꯗ ꯃꯑꯕꯗ-ꯕꯗꯔ ꯋꯥꯑꯧꯑ-ꯋꯥꯅꯥꯅ ꯃꯪꯑꯁꯨꯗ ꯗꯧꯔꯤꯤ ꯇꯔꯑꯗ ꯍꯥꯑꯗꯧꯍꯅ ꯃꯑꯋꯤꯗꯔꯅ ꯑꯃꯗꯔ ꯑꯍ ꯑꯧꯕ ꯫ ꯇꯧꯑꯧꯑ ꯑꯋꯤꯗ ꯑꯃꯧꯕꯔ ꯑꯁꯨꯍꯔꯨ ꯃꯧꯗꯔ ꯂꯧꯌꯗꯔꯅ ꯑꯁꯨꯍꯔ ꯍꯥꯗꯔꯨ ꯍꯥꯑꯂꯅꯗꯤ ꯫ ꯍꯃꯪꯌ-ꯍꯥꯑꯕꯗ ꯁꯨꯗꯋꯤꯅꯗꯤ ꯋꯪꯍꯔ ꯑꯁꯨꯍꯔ ꯍꯥꯗꯔꯨ ꯗꯧꯗꯍꯗ ꯃꯤꯑ ꯇꯅꯗꯤ ; ꯍꯃꯍꯅꯤ ꯇꯥꯑ ꯑꯋꯤꯅꯅꯤ sanna (perception, sensation) ꯗ ꯇꯔꯑ ꯃꯥꯑꯇꯧꯑꯕ ; ꯂꯥꯗꯗꯤ ꯑꯃꯤꯔ ꯃꯤꯑꯪꯑꯋꯗꯗ ꯍꯑꯧꯑ ꯑꯥꯕꯂꯅꯗꯔ ꯋꯥꯇꯥꯁ-ꯕꯃꯧꯍꯗ ꯫ ꯇꯤꯔꯍꯤ ꯍꯕꯥ ꯃꯧꯗꯔ ꯋꯥꯇꯥꯁ-ꯕꯃꯧꯍ ꯑꯋꯤꯗ ꯕꯪꯌꯗꯔ ꯇꯍꯍꯤ / ꯑꯃꯥꯗ-ꯍꯤꯃꯥꯕ ꯇꯍꯍꯤ / ꯃꯥꯍꯔ ꯃꯥꯍꯅꯔꯤ ꯍꯑꯧꯑ ꯗꯥꯑꯨꯗ ꯑꯗꯧꯔ ꯃꯥꯇꯍ ꯑꯃꯥ ꯃꯧꯑꯂꯅꯗꯤ ꯫ ꯑꯁꯨꯍꯔ ꯍꯥꯅꯗꯤꯔꯨ ꯍꯃꯪꯌ ꯍꯃꯪꯌ ꯁꯨꯤꯥꯕꯁꯨꯗ ꯑꯗꯥꯤꯍꯔꯗ ꯂꯧꯃꯗ ꯂꯧꯃꯗ ꯁꯨꯑꯗꯤꯑ-ꯂꯑꯃꯥꯑꯤ ꯑꯧꯕꯔ ꯁꯃꯅ ꯑꯍꯅꯤ ꯁꯨꯍꯋꯥꯤ (mental physical structure) ꯑꯃꯧꯕꯔ ꯑꯁꯨꯍꯔꯨ ꯕꯑꯗꯑꯕ ꯫ ꯑꯂꯧ ꯗꯌꯂꯧꯪ ꯍꯤꯌꯑꯃ ꯁꯨꯅꯤꯑ ꯗꯥꯑꯃ ꯑꯍꯣꯨꯑ ꯃꯌꯕꯤꯔꯤ ꯍꯗꯤꯑ (vibration) ꯑꯁꯨꯗꯤ ꯫ ꯍꯂꯧꯥꯑ ꯑꯋꯤꯅꯅꯤ (ꯇꯥꯑ ꯑꯋꯤꯅꯅꯤ) ꯕꯪꯌꯗꯔ ꯁꯨꯇꯧꯑꯃ ꯑꯧꯕꯇꯧꯑꯂꯧꯪ / ꯃꯥꯍꯔ-ꯃꯥꯍꯅꯤ ꯃꯥꯇꯍ ꯗꯥꯑꯂꯧꯃꯪ / ꯁꯨꯍꯑ ꯂꯗꯔꯣ ꯗꯧꯂꯧꯃꯪ (no reaction) ꯫ ꯇꯧꯑꯧꯑ ꯑꯋꯤꯗ ꯂꯧꯃꯗ ꯂꯧꯃꯗ ꯑꯧꯃꯤꯇꯥꯑꯔ sanna (conditioned sanna) ꯍꯃꯥꯑꯤꯅ ꯋꯧꯗꯇꯂꯅꯗꯤ / ꯑꯗꯧꯔ ꯁꯨꯍꯑ ꯂꯗꯗꯔꯤ ꯃꯥꯇꯍ ꯃꯧꯑꯂꯧꯃꯪ (no reaction) ꯫ ꯋꯥꯇꯥꯁ-ꯕꯃꯧꯍ ꯗꯪꯃꯕꯃꯪ ꯂꯥꯕꯔꯅꯤ ꯗꯤꯔꯥꯗ ꯂꯑꯇꯪꯑꯗꯃꯪ ꯫ ꯑꯂꯧꯍꯗꯗ ꯍꯃꯤꯤꯔ ꯋꯑꯇꯍꯅ / ꯍꯑꯧꯑꯅ ꯗꯌꯂꯧꯃꯤ ꯍꯍꯤꯅ ꯁꯨꯑꯗꯤꯑ ꯗꯨꯃꯂꯧꯗ ꯑꯧꯕꯃꯃꯧꯕ ꯗꯤꯑꯔ

[illegible] (visualization) [illegible] (verbalization) [illegible] ||

[illegible]

[illegible] <[illegible]> [illegible] (illusion) [illegible] <[illegible]> [illegible]

[illegible] ; [illegible] ॥

[illegible] (technique) [illegible] (physical and mental) [illegible] (body and mind) ॥ [illegible] (reality) [illegible] ॥

[illegible] ; [illegible] ? [illegible] ॥ [illegible] / [illegible]

[illegible]

[illegible] (discovery) [illegible] (Sila) [illegible] (Samadhi) [illegible]

[illegible] (reactions) [illegible] / [illegible] / [illegible] (reaction) [illegible] (missing link) [illegible] (sense object) [illegible] (sense door) [illegible] (perception) [illegible]

[illegible] (reaction) [illegible] || [illegible] (reactions) [illegible] (enlightenment) [illegible] ||

[illegible] ||

[illegible] (technique) [illegible] Satipathana Sutta (the discourse on the establishing of awareness) [illegible] || [illegible]

[illegible] (Dhamma discourse) [illegible]

[illegible] (samudaya) [illegible] (vaya) [illegible]

[illegible] (arising and passing) [illegible] (arising and passing away simultaneously) [illegible]

[illegible] (mental and physical structure) [illegible]

[illegible] (Bhanga, dissolution) [illegible] (unconscious level) [illegible] (Sankharas) [illegible]

[illegible] (old stock of sankhara of aversion) [illegible] (subtle pleasant sensation) [illegible]

[illegible]

[illegible]

[illegible] (technique) [illegible] (technique) [illegible] ; [illegible] ||

[illegible] ||

[illegible] ([illegible]) [illegible] ||

_____________*******_____________

[illegible]

[illegible] (Dhamma seminar) [illegible] (course) [illegible] (technique) [illegible]

[illegible]

[illegible] (theory) [illegible]

ꯑꯔꯃ ꯃꯣꯍꯗ ꯀꯥꯗꯑꯣꯃꯀꯅꯤꯗꯤ / ꯂꯕꯍꯔ ꯍꯇꯥꯤ ꯀꯁꯇꯤꯅ ꯀꯥꯁꯇꯤꯁꯔꯅꯤꯗꯤ (ꯑꯔꯃ ꯃꯣꯍꯗ ꯃꯣꯁꯑꯣꯃꯀꯅꯤꯗꯤ) ॥

ꯈꯗꯥꯂꯍꯔ ꯍꯤꯃꯣꯍ ꯃꯍꯗ ꯗꯍꯤꯌ ꯌꯕꯥꯗꯤꯅ ꯌꯃꯔ ꯁꯍꯤꯅꯔ ꯃꯇꯤ ꯌꯥꯁꯕꯥꯃꯀ ꯍꯌꯃ ꯃꯣꯍꯔ ꯈꯥꯌꯥꯌ ꯃꯅꯌꯗꯤ : ꯈꯗꯥꯗꯇ ꯃꯇꯃ ꯂ.ꯗ ꯍꯀꯃ ꯈꯥꯤꯗꯤ ꯌꯁꯅ꯫ ॥ ꯃꯅꯔ ꯌꯂꯗꯔ ꯍꯌꯍ ꯃꯇꯤꯤ ꯍꯗꯃꯅ ꯂꯃꯑꯃꯗꯗ ꯌꯃꯗꯤꯔ ꯃꯇꯤ ꯍꯍꯂ ꯂꯁꯑꯗ ꯌꯁꯤꯗ; ꯌꯇꯃꯗꯍꯃ ꯌꯃꯌꯌ ꯇꯥꯃꯗꯔꯇ ꯃꯂꯥꯁꯔ ꯌꯥꯃꯑꯥꯃꯅꯤ ꯂꯥꯍꯗ ꯍꯕ ꯃꯣꯍꯔ ꯌꯥꯃꯑꯥꯃ ꯃꯍꯗꯤ / ꯍꯇꯤ ꯀꯁꯇꯤꯤ ꯃꯣꯍꯔ ꯑꯔꯃꯗꯤ ॥

ꯂꯕꯍꯤꯤ ꯍꯕ ꯃꯍ ꯂꯂꯗ꯫; ꯍꯌꯂ ꯑꯃꯌꯗ ꯀꯥꯍꯔꯤ ꯍꯌ ꯃꯍ ꯃꯣꯍꯗ ꯂꯔ ꯂꯕ꯫ ॥ ꯂꯍꯕꯔ ꯍꯃꯌꯂ ꯈꯍꯔ ꯃꯍꯗ ꯀꯥꯍꯔꯤ ꯃꯗꯔ ꯃꯍꯤ ꯗꯌꯌꯈꯍ ꯑꯃꯀ ꯑꯍꯅꯃ ꯂꯁꯅꯃꯀ ꯌ꯫ꯃꯇꯤꯁ ꯑꯕꯥꯃ ꯗꯌꯌꯗꯤ; ꯌꯕꯤꯔ ꯌ꯫ꯃꯇꯤꯁ-ꯑꯕꯥꯃ ꯃꯅꯗ ꯍꯕꯍ ꯃꯍꯅꯗ ꯀꯥꯍꯔꯤ ꯍꯌꯥꯅ ꯌꯀꯗ ꯌꯀꯗ ꯌꯥꯁꯕꯃꯌꯗ ꯃꯌꯔ ꯀꯥꯍꯔꯤ ꯃꯍ ꯃꯣꯍꯗ ꯂꯕꯃꯍ; ꯍꯀꯥꯍꯔꯤ-ꯍꯁꯗ ꯌꯥꯁꯕꯤꯔ / ꯍꯕꯥꯗ ꯗꯗ ꯌꯌꯗꯤꯔ ; ꯃꯅꯅꯤꯤꯅꯤ ꯌ꯫ꯃꯇꯤꯁ-ꯌꯌꯌꯤꯁꯔ ꯑꯍꯗ ꯍꯑ ꯌꯥꯅꯕ꯫ ॥ ꯍꯤꯤ ꯍꯌ꯫ꯃ ꯗꯔꯤ ꯍꯂꯌꯌ ꯍꯤꯈꯁꯅ ꯁꯂ ꯀꯤꯗꯕꯗꯤ / ꯍꯤꯤ ꯇ꯫ꯔꯥ ꯌꯕꯗꯤ ; ꯗ꯫ꯍꯂꯕꯤꯔ ꯀꯁꯇꯤꯅ ꯍꯤꯈꯁꯅ ꯀꯤꯗ-ꯀꯤꯑꯃ ꯌꯅꯗ / ꯍꯤꯤ ꯇ꯫ꯔꯥ ꯌꯅꯗ ꯗꯕꯗꯤ ॥

ꯃꯅꯔ ꯂꯗꯤꯃꯇ ꯃꯍꯃ ꯀꯤꯃꯗꯤꯔ ꯂꯕꯍ-ꯀꯥꯍꯔꯤ ꯃꯇꯤ ꯂꯥꯕ ꯂꯥꯀꯌꯗ ꯗꯤꯃꯑꯤꯗ ꯂꯂꯁꯔꯤ / ꯈꯥꯃꯀꯤ-ꯇ꯫ꯁꯔꯤꯔꯤ ꯍꯑ ꯌꯥꯕꯤ : ꯇꯥꯤꯌꯗꯤꯔ ꯌꯥꯈꯍ (theory) ꯅꯤ ꯍꯤ ꯌꯕꯗ ꯌ꯫ꯌꯀ ꯌꯥꯍ; ꯑꯔꯃ ꯃꯣꯍꯗ ꯀꯥꯃꯑꯣꯃꯀꯅꯅꯤ ꯍꯤꯀꯍ ꯗꯍꯗ ꯌꯥꯤꯗꯤ ॥ ꯍꯥꯁꯗꯅꯔ (ꯌꯌꯗꯔ) ꯌꯥꯈꯍ ꯃꯇꯤ ꯑꯍꯅꯁ ꯍꯤꯤ ꯌꯥꯌ꯫ꯌꯌꯤ ꯂꯕꯍꯔ ꯈꯥꯃ-ꯇ꯫ꯁꯔꯤꯔ ॥ ꯃꯇꯤꯂꯍꯔ ꯌꯥꯌ꯫ꯌ ꯃꯇꯤꯗ ꯗꯇꯥꯤ ꯌꯌꯑꯕꯤꯔ ꯑꯔꯃ ꯃꯅ ꯗ꯫ꯀꯂꯁꯤꯗ : ꯃꯌꯃꯌ ꯀꯃ ꯃꯍ ꯂꯤꯕꯤꯈꯂꯗ ꯃꯅꯤ ꯗꯃꯑꯤꯁꯅꯇ ꯀꯃ ꯃꯍ ॥ ꯌꯥꯃꯗꯥꯍꯗ ꯗꯍꯤꯌ ꯌꯅꯤꯃꯤ ꯌꯌꯑꯕꯤꯔ ꯑꯔꯃ ꯃꯇꯤ

ꯃꯥꯏꯊꯣꯡꯒꯗꯕꯅꯤ || ꯅꯣꯏꯀꯗ ꯃꯨꯏ ꯑꯅꯤ ꯍꯤꯐꯤ ꯒꯣꯟꯕꯗ ꯒꯥꯁꯊꯣꯏꯃ ꯍꯥꯁꯕ ꯑꯋꯤ ꯑꯍꯥꯟꯕꯗꯗꯤ ꯃꯣꯌꯅꯨꯔ ꯑꯀ ꯊꯣꯟꯄꯌꯃꯄꯨꯔꯕꯅꯤ; ꯑꯗꯨꯕꯨ ꯑꯍꯥꯟꯕꯗ ꯀꯥꯏꯍꯠꯛꯔꯕ ꯀꯧꯔꯗꯨ ꯂꯥꯔꯅ ꯀꯥꯏꯍꯟꯗꯐꯪ ꯍꯥꯁꯕ ꯊꯨ.ꯅ ꯁꯏꯕ ꯆꯔꯄꯅꯤ || ꯑꯍꯥꯟꯕꯗ ꯌꯨꯔꯅꯕ ꯀꯧꯔꯋꯨ ꯍꯟꯊꯅ ꯈꯏꯛꯪ; ꯑꯅꯤꯋꯨꯕꯗ ꯊꯕꯏꯋꯨ ꯍꯪꯟꯅ ꯊꯨ.ꯅ ꯛꯣꯁꯋꯤꯟꯕ ꯆꯔꯛꯄꯅꯤ || ꯀꯐꯔꯗꯤ ꯊꯕꯏ ꯋꯨꯕ ꯆꯔꯕꯄꯤ ꯃꯥꯏꯄꯠ ꯍꯪꯟꯄꯌꯍꯠꯛꯤ || ꯒꯐꯤꯄꯨꯔꯕ ꯈꯥꯖꯔ ꯑꯀ ꯛꯥꯏꯃꯗ ꯅꯋꯥꯄꯤ ꯃꯨꯏꯅꯤꯏ / ꯈꯥꯁꯠ ꯁꯏꯄꯅꯤ ꯑꯀꯋꯨꯏ ꯁꯨꯗꯏꯧ ꯑꯋꯪꯏꯕ ꯃꯥꯌꯁꯨꯔ ꯃꯤꯕꯋꯨ ꯆꯔꯛꯄꯅꯤ || ꯊꯣꯑꯣꯏ (theory) ꯑꯗꯨ ꯛꯧꯥꯅ ꯁꯏꯛꯕꯅꯤꯅ ꯑꯂꯨꯏꯧ ꯍꯤꯐꯤꯒꯣꯟꯕ ꯑꯗꯨꯅ ꯋꯨꯀꯤꯌꯁꯨꯃꯃ ꯃꯥꯏꯄꯠ ꯀꯂꯪꯏ ꯌꯥꯗꯅ / ꯍꯏꯈꯥꯏ ꯀꯃꯨꯏ ꯖꯥꯅ ꯌꯣꯪꯁꯌꯌꯨꯅ ꯛꯣꯐꯅꯤ / ꯃꯨꯏꯅꯤꯏ ꯛꯥꯏꯌꯏꯅꯕꯋꯨ ꯛꯣꯐꯐꯣꯁ||

ꯋꯨꯀꯤꯗꯥꯏꯗ ꯌꯨꯔꯕ ꯈꯏꯕꯗ ꯀꯤꯅꯤꯌ ꯀꯆꯥ ꯍꯏꯈꯥꯏꯄꯤ ꯀꯖꯔ ꯃꯨꯔꯅꯀꯏꯧ ꯋꯥꯖꯥꯌ-ꯁꯃꯣꯔ ꯂꯪꯏꯆꯨ || ꯀꯃꯨꯏꯖꯥꯅ ꯌꯨꯔꯊꯗꯐꯤꯖꯥꯌꯕ ꯂꯪꯏꯗꯨꯅ ꯛꯣꯂꯨ || ꯀꯊꯏꯄꯤ ꯑꯂꯨꯏꯧ ꯀꯤꯒꯃ ꯍꯪꯏ ꯊꯣꯏꯃꯗ ꯀꯤꯅꯤꯌ ꯀꯆꯥ ꯋꯥꯖꯥꯌ-ꯁꯃꯣꯔ ꯍꯏꯈꯥꯏ ꯃꯨꯔꯅꯀꯏ ꯋꯤꯟꯊꯨꯏꯅ ꯂꯪꯏꯄꯗꯕ || ꯀꯤꯅꯤꯌ ꯁꯐꯋꯪ ꯀꯃꯨꯏ ꯖꯥꯅ ꯌꯨꯔꯗꯐꯤꯖꯥꯌꯕ ꯑꯀꯗꯤ ꯀꯤꯒꯃ ꯊꯣꯏꯛꯕ ꯀꯌꯨꯏꯗꯋꯨ / ꯀꯋꯤꯅ ꯂꯥꯔꯅ ꯀꯌꯣꯪꯏ ꯑꯣꯁꯄꯅꯤ ||

ꯅꯋꯥꯅ ꯛꯣꯐꯤꯕ ꯀꯖꯔ ꯑꯗꯨꯗ ꯑꯌꯣꯃꯃ ꯅꯤꯃꯥꯋꯅꯥ ꯀꯪꯗꯤꯌꯣꯪꯌꯣꯐ ꯛꯣꯐꯕꯗꯤ ꯈꯂꯣꯠ ꯑꯀꯄꯤ ꯀꯋꯨꯏꯗ ꯃꯨꯏ ꯑꯀꯄꯤ ꯍꯤꯐꯤꯒꯣꯟꯕ ꯑꯀꯨꯏꯌꯣꯏ ꯃꯨꯟꯅ ꯌꯣꯀꯤꯟꯅꯕ ꯂꯥꯁ || ꯈꯍꯤ ꯑꯀꯄꯤ ꯀꯋꯨꯏꯗ ꯑꯀꯨꯏꯌꯣꯏꯗꯤ ꯋꯨꯀꯤꯌ ꯌꯣꯐꯥꯅꯤꯄꯤ ꯑꯈꯤꯏꯃ ꯀꯖꯔꯗ ꯖꯔꯄꯗꯕꯅꯤ (ꯀꯪꯗꯤꯌꯣꯪꯋꯟ ꯌꯣꯄꯗꯕꯅꯤ) || ꯀꯋꯤ ꯋꯣꯁꯖꯗꯐꯕꯅꯤ || ꯀꯖꯔ ꯑꯋꯤꯗ ꯖꯏꯁꯤꯕ ꯑꯗꯨ ꯆꯥꯏꯌꯨꯅ ꯊꯔꯅꯕ ꯋꯨꯀꯤꯌ ꯁꯨꯗꯤꯏꯄꯤ ꯌꯣꯖꯔ ꯊꯣꯏꯃ ꯑꯗꯨꯗꯤ ꯈꯌꯊꯄꯗꯕꯅꯤ ; ꯍꯪꯟꯅ ꯅꯨꯕ ꯀꯖꯔꯗ ꯈꯌꯊꯅꯕ / ꯍꯪꯟꯅ ꯃꯨꯃꯃ ꯊꯤꯅꯕ ꯑꯈꯤꯏꯃ ꯀꯖꯔꯗ ꯃꯣꯌꯊꯥꯕꯗꯤ (ꯍꯤꯐꯤꯒꯣꯟꯕꯗꯤ) ꯌꯣꯆꯥꯁꯖꯗꯐꯕꯅꯤ : ꯈꯌꯒꯗꯕ ꯛꯔꯕꯤꯗꯤ ꯍꯪꯟꯅ ꯛꯣꯐꯤꯕꯅꯤ || ꯑꯋꯤꯄꯨꯔꯕ ꯋꯤꯠꯛꯥꯏꯗꯨꯅ / ꯛꯤꯏꯁꯌꯌꯨꯅ ꯊꯔꯕ ꯌꯣꯔꯖꯔ ꯑꯀꯗ

[illegible]
[illegible]
[illegible]
[illegible]
[illegible] (self course)
[illegible] ([illegible]) [illegible]
[illegible]
[illegible]
[illegible]
[illegible] (self course)
[illegible]
[illegible] (vibration of good will) [illegible] || [illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible] ||

[illegible]
[illegible]
[illegible]
[illegible] ||
[illegible]

[illegible] (anapanna) [illegible] ||

[illegible] (anapanna) [illegible] ||

[illegible] (equanimity) [illegible] ||

[illegible] ||

[illegible] (nonmeditators) [illegible] ꯫

[illegible] ꯫

[illegible]

([illegible] / [illegible]) [illegible] / [illegible] ꯫ [illegible] / [illegible] / [illegible] ꯫

[illegible] : [illegible] ; [illegible] ꯫ [illegible] (technique) [illegible] ꯫ [illegible] ꯫ [illegible] ꯫ [illegible] ([illegible]) [illegible] ([illegible]) ꯫ [illegible] ꯫

[illegible] !!

[illegible] ;

[illegible] ; [illegible]!!

****

PALI PASSAGES QUOTED IN THE DISCOURSES

[illegible] :

[illegible] /
[illegible] ||
[illegible]
[illegible] ||

[illegible] /
[illegible] /
[illegible] ||
[illegible] ||

[illegible] :

[illegible] /
[illegible] ;
[illegible] /
[illegible] ||
[illegible] /
[illegible] /
[illegible]
[illegible] ||

ꯍꯕꯤꯅꯤ ꯁꯑꯔ ꯅꯨꯍꯤꯌ :

ꯂꯩꯀꯣꯡ-ꯁꯥꯂꯣꯡ ꯃꯨꯈꯅꯍꯡ ꯃꯨꯡꯅꯤꯄꯅ ꯍꯥꯄꯆꯤꯑꯅꯤ/
ꯃꯨꯡꯅꯤꯄꯅ ꯃꯨꯈꯐꯪꯑꯅꯤ / ꯖꯨꯀꯤꯄꯍꯡ ꯃꯨꯡꯅꯤꯄ-
ꯃꯣꯌꯂꯡꯅꯤ꯫

ꯎꯪꯄꯀꯔ / ꯋꯍꯥꯄꯔ ꯁꯥꯌꯟꯜ ꯆꯣꯇꯅꯅ
ꯁꯤꯑꯅ ꯅꯌꯇꯩꯕꯜ ꯖꯨꯌꯅ ꯃꯥꯄꯂꯣꯡꯃ ꯂꯔꯡ
ꯖꯨꯀꯤꯄꯍꯡ
ꯁꯚꯥꯅ ꯜꯥꯕꯤꯎꯑꯜꯤ ꯍꯇꯩꯨꯄ ꯗꯑꯔꯜꯨꯈ
ꯋꯁꯥꯔꯅ ꯍꯤ ꯋꯀꯨꯜꯤ ꯍꯇꯩꯨꯄ ꯗꯑꯜꯅꯤ꯫

ꯂꯩꯀꯣꯡ-ꯁꯥꯂꯣꯡ ꯃꯨꯈꯅꯍꯡ ꯃꯨꯡꯅꯤꯄꯅ ꯍꯥꯄꯆꯤꯑꯅꯤ/
ꯃꯨꯡꯅꯤꯄꯅ ꯃꯨꯈꯐꯪꯑꯅꯤ / ꯖꯨꯀꯤꯄꯍꯡ ꯃꯨꯡꯅꯤꯄꯜꯤ
ꯃꯣꯌꯂꯣꯡꯅꯤ꯫

ꯋꯎꯪꯄꯀꯔ ꯋꯒꯔ ꯁꯥꯌꯟꯜ ꯆꯣꯇꯅꯅ
ꯁꯤꯑꯅ ꯅꯌꯇꯩꯕꯜ ꯖꯨꯌꯅ ꯃꯥꯄꯂꯣꯡꯃ ꯂꯔꯡ ꯖꯨꯀꯤꯄꯍꯡ
ꯚꯩꯀꯩꯓꯩꯀꯨ ꯆꯥꯂꯀꯨꯅ ꯁꯌꯇꯤꯀꯕꯔ ꯍꯍꯤꯜꯨꯈ
ꯅꯨꯄꯓꯥꯗꯔꯅ ꯍꯤ ꯋꯀꯨꯜꯤ ꯍꯇꯩꯨꯄ ꯗꯑꯜꯅꯤ꯫

ꯐꯩꯆꯤꯡꯎꯨ ꯁꯥꯔ / ꯍꯇꯩꯨꯄꯀꯎꯨ ꯁꯥꯔ /
ꯋꯕꯥꯑꯔ ꯇꯩꯔ ꯍꯥꯀꯤ ꯍꯕꯣꯟ ꯋꯅꯤꯍꯡꯇ ꯁꯥꯗ꯫
ꯋꯕꯥꯔ ꯇꯩꯕꯪ ꯖꯄꯔ ꯋꯀꯨꯅ ꯁꯥꯐꯟꯆꯪ ꯐꯩꯆꯤꯡꯇꯤ /
ꯍꯐꯥꯡ ꯐꯪꯑꯅ ꯁꯥꯕꯪ / ꯋꯁꯥꯔꯩ ꯒꯤꯈꯀ ꯆꯩꯖꯕꯪ꯫

ꯐꯩꯆꯤꯡꯎꯨ ꯅꯨꯄꯓꯥꯗꯕꯤ / ꯇꯨꯄꯀꯎꯨ ꯅꯨꯄꯓꯥꯗꯜꯅꯤ /
ꯋꯒꯔ ꯂꯔꯡ ꯇꯩꯔ ꯍꯥꯀꯤ ꯍꯕꯣꯟ ꯋꯅꯤꯍꯡꯇ ꯅꯨꯄꯓꯥꯗ꯫
ꯖꯨꯈꯅ ꯂꯔꯡ ꯇꯩꯕꯪ ꯖꯄꯔꯀꯜꯤ ꯐꯩꯆꯤꯡ ꯍꯥ ꯅꯨꯄꯓꯥꯗꯕꯪ
ꯍꯥ ꯐꯪꯑꯅ ꯅꯨꯄꯓꯥꯗꯕꯪ / ꯖꯁꯥꯗꯀꯩ ꯐꯪꯑꯅ ꯅꯨꯄꯓꯥꯗꯔꯩ
ꯒꯤꯔꯈꯀ꯫

[illegible] :

[illegible] ;

[illegible] ;

[illegible] /

[illegible] /

[illegible] ;

[illegible] (matter, consciousness, perception, feeling/emotion, reaction)

[illegible] ||

[illegible] (chain of conditioned arising)

[illegible] (forward order):

[illegible] ;

[illegible] ;

[illegible] ;

[illegible] (sense organs) [illegible] ;

[illegible] (sensation) [illegible] ;

[illegible] ;

[illegible] ;

[illegible] ;

[illegible] ;

[illegible] / [illegible]

;

[illegible] ; [illegible] /
[illegible] / [illegible]

;

[illegible] ||

[illegible] (Reverse order):

[illegible] ;

[illegible] (reaction) [illegible] / [illegible] ;

[illegible] ;

[illegible] ;

[illegible] (six organs) [illegible] ;

[illegible] (sensation) [illegible] ;

[illegible] (desire) [illegible] ;

[illegible] ;

[illegible] ;

[illegible] ;

[illegible] / [illegible] ;

[illegible] / [illegible];

[illegible] / [illegible]-
[illegible] ||
[illegible] ||

[illegible] ;
[illegible] (body) [illegible] ;
[illegible]
[illegible] ||

[illegible] : [illegible] ! [illegible] / [illegible] ;
[illegible] ;
[illegible] (beam) [illegible] ;
[illegible] (ridge pole) [illegible] ;
[illegible] ;
[illegible] / [illegible] ||

[illegible] /
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ꯑꯃꯁꯨꯡꯅꯤ ꯀꯥꯡꯃ ꯊꯣꯝꯃꯁꯨꯡꯍꯧꯌꯤꯅꯤ ꯍꯣꯠꯇꯨꯕ ꯀꯥꯡꯃꯤ ;
ꯑꯃꯁꯨꯡꯅꯤ ꯅꯤꯡꯃ ꯅꯤꯡ ꯊꯣꯝꯃꯁꯨꯡꯍꯧꯌꯤꯅꯤ ꯍꯣꯠꯇꯨꯕꯃꯤ ;
ꯑꯃꯁꯨꯡꯅꯤ ꯆꯥꯎꯊꯣꯛꯇꯨꯕꯃ ꯆꯥꯎꯊꯣꯛꯇꯨꯕ ꯊꯣꯝꯃꯁꯨꯡꯍꯧꯌꯤꯅꯤ
ꯁꯦꯝꯕꯤꯃꯤ ;
ꯍꯧꯔꯥꯛ-ꯌꯥꯕꯥꯍꯤ ꯁꯥꯍꯦꯟꯕꯤꯕ ꯄꯥꯟꯗꯝꯕꯤꯕꯃꯤ ꯍꯣꯠ-ꯍꯃꯥ
ꯍꯧꯔꯛꯂꯕ ||

ꯌꯥꯕꯤꯕꯃꯤ ꯀꯃꯕ ꯆꯥꯎꯊꯣꯛ
ꯊꯣꯏꯃꯍꯤ ꯇꯦꯡꯕꯥꯟ ꯌꯥꯝꯅꯥ ꯄꯥꯉꯒꯟꯕ ꯃꯇꯝ-ꯇꯥꯏꯕꯪ;
ꯁꯤꯡꯇꯥꯡꯕ ꯃꯤꯌꯥꯝ-ꯍꯥꯌꯔꯤꯕ ꯄꯨꯟꯅꯥ ꯊꯥꯖꯕ ꯍꯦꯛ?
ꯊꯥꯖꯕꯃꯤ ꯊꯣꯏꯃꯍꯤ-ꯊꯥꯕꯥꯛꯅꯥ ꯇꯨꯡꯗꯥ ||

ꯃꯤꯌꯥꯝꯒꯤ ꯍꯧꯔꯛ ꯃꯤꯌꯥꯝ-ꯂꯩꯔꯕ ꯁꯦꯝꯕ ꯄꯥꯟꯗꯃꯗꯥ ꯆꯥꯎꯊꯣꯛ;
ꯃꯥꯔꯣꯜ ꯃꯌꯣꯛ / ꯍꯣꯠꯅꯕ- ꯌꯥꯕ ;
ꯑꯃꯁꯨꯡ ꯃꯇꯝ ꯃꯇꯝꯗ / ꯍꯥꯛꯆꯥꯡ ꯍꯧꯖꯤꯛ ;
ꯃꯍꯥꯛ ꯆꯥꯎꯊꯣꯛ ꯃꯃꯤꯡ ꯁꯦꯝꯕ ꯀꯥꯡꯂꯤ ꯁꯦꯡꯅ
ꯃꯤꯌꯥꯝꯒꯤ

ꯍꯦꯟꯅ ꯊꯥꯕꯥꯛꯇ ꯑꯁꯤ ꯃꯇꯝ-ꯇꯥꯏꯕꯪꯒꯤ
ꯍꯧꯔꯛꯂꯕ / ꯃꯔꯤꯃꯤꯡꯆꯥꯎ ꯍꯥꯌꯕ / ꯊꯥ ꯊꯥ ||
ꯊꯣꯏꯃꯍꯤ ꯌꯥꯝꯅꯥ ꯃꯇꯦ ꯌꯥꯕꯤꯕ ꯆꯥꯕ ꯍꯣꯠꯄ
ꯊꯣꯏꯃꯍꯤꯅꯤ ꯃꯇꯦꯡ ꯄꯥꯟ ꯂꯥꯏꯕꯤꯕ ꯌꯥꯝꯅꯥ
ꯃꯇꯝ-ꯇꯥꯏꯕꯪ ꯊꯝꯃꯍꯧ ꯁꯦꯝꯕ ꯌꯥꯝ ꯌꯥꯏꯕꯤ ||
ꯁꯦꯟꯗ ꯑꯁꯤ ꯌꯥꯏꯆꯕꯗ ꯊꯣꯝꯃꯤ ꯍꯦꯟꯅ ꯑꯁꯤ
ꯄꯥꯟꯗ ꯑꯁꯤ-ꯍꯧꯔꯛ ꯆꯥꯎꯊꯣꯛ ꯄꯥꯟꯗꯝꯕꯤ ||
ꯊꯣꯝꯃꯤꯅꯤ ꯍꯦꯟꯅ ꯁꯤꯡꯇꯥꯡ ꯃꯇꯝ-ꯇꯥꯏꯕꯪ
ꯌꯥꯏꯆꯕ ꯁꯦꯝꯕꯤꯕ / ꯍꯦꯟꯅꯕ ꯁꯤꯡꯇꯥꯡꯅꯤ ꯑꯁꯤꯆꯕꯃꯤ
ꯌꯥꯝꯃ ꯁꯦꯝꯕꯤꯕ ꯑꯁꯤꯡꯅꯤ ꯊꯥꯕꯥꯛꯂꯕ ꯑꯁꯤ ||

ꯃꯤꯌꯥꯝꯒꯤ ꯀꯃꯕ ꯆꯥꯎꯊꯣꯛ
ꯄꯥꯡꯃ ꯀꯥꯟꯕ ꯍꯥꯌꯕ ꯌꯥꯝꯅꯥ ꯊꯣꯏꯃꯤꯅꯕ ꯍꯥꯌꯗꯤ /
ꯁꯦꯝ ꯌꯥꯏꯗꯤ ꯄꯥꯡꯕꯥꯛꯄꯗꯤ ꯀꯥꯟꯕꯤꯗꯤ
(ꯄꯥꯡꯃꯌꯥꯕꯤꯗꯤ)

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List of some Vipassana Meditation Centres in South & South-East Asia, offering ten-day residential Vipassana Meditation courses in the tradition of Sayagyi U Ba Khin, as taught by S.N. Goenka (Non-centre courses are offered in many places throughout the world). For schedule of courses please contact Dhamma Giri or your nearest centre or visit www.vridhamma.org and www.dhamma.org

Maharastra:

Dhamma Giri (Dhamma Tapovana) Vipassana International Academy, Dist. Nasik, Igatpuri – 422 403. Tel: (02553) 244-076, 244-086, 243-712, 243-238; Email : info@ giri dhamma. Org; Website: www.vri.dhamma .org; To apply online for ten-day courses: www.dhamma / schvia.shtml.

Rajasthan:

Dhamma Thali, Rajasthan Vipassana Centre, P.O. Box 208, Jaipur – 302001 Tel: (0141) 268-0220 Email: info @ thali.dhamma.org; Mob: 0-9610401401, 960284 88960 Website: www.thali.dhamma.org

Gujarat:

Dhamma Sindhu, Kutch Vipassana Centre, Bada, Mandvi – Kutch -370475 Tel: (02834) 273303; Email: info @ sindhu.dhamma.org; Contact: Ishwarlal Shah, Tel: (02834) 223076

Kolkata:

Dhamma Ganga Vipassana Centre, Sodepur, Harishchandra Dutta Road, Panihati, Bara Mandir Ghat, Kolkata – 700114; Email: info @ ganga.dhamma.org;Tel: (033) 2553-2855, Contact: Res. 2475-7208, 2485-4178

Bodh Gaya:

Dhamma Bodhi, Bodh Gaya International Meditation Centre, Gaya-Dhobi Road (15 km), Post: Magadha University, Bodh Gaya – 824234; Mob: 94716-03531; Email: info @ Bodhi.dhamma.org; Contact: (0631) 220-0437, 99559-11556

Tripura:

Dhamma Puri, Tripura Vipassana Meditation Centre, P.O. Machmara, Dist: North Tripura, Tripura – 799 265; Email: info @ puri. dhamma.org; Mob: 098626-46764, Agartala, Contact: M. Dewan (0381) 2230-288; Mob: 098621-54882

Hyderabad:

Dhamma Khetta Vipassana International Meditation Centre, (12.6 km) Mile stone, Nagarajuna Sagar Road, Kusum Nagar, Vansthalipuram, Hyderabad – 500070 Tel: (040) 2424-0290, 32460762, 09491594247, Email: info @ Khetta. Dhamma.org; City off. 2473-2569

Sri Lanka:

Dhamma Kuta: Vipassana Meditation Centre, Mowbray, Hindagala, Peradenia, Sri Lanka; Website: www.lanka.com/ Email: dhamma @ sltnet.lk

Myanmar:

Dhamma Joti: Vipassana Centre, Wingba Yele Kyaung Nga Htat Gyi Pagoda Road, Bahan Yangon, Myanmar. Email: dhammajoti @ mpt-mail.net.mm; contact: Mr. Banwari Goenka – Mob: 95950-13929; Email: bandoola @ mptmail.net.mm

Nepal:

Dhamma Shringa, Nepal Vipassana Centre, Budhanilkantha, Muhan Pokhari, Post Box No. 12896, Kathmandu; Email: info @ sringa. dhamma.org; Contact: Roop Jyoti, Kathmandu, Nepal – Tel: 250581, 225490, 221290

Thailand:

Dhamma Kamala: Thailand Vipassana Centre, 200 Yoo Pha Suk Road, Ban Nuen Pha Suk, Tambon Don Khi Lek, Muang; District: Prachinburi Province, 25000, Thailand. Tel: [66] (037) 403-514-6, [66] (037) 403 185 Email: info @ kamala.dhamma.org

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Inoulembi Chanu Konjengbam

(19/02/1977 – 19/11/2013)

Inoulembi Chanu 19 phebruwaari 1977 da Imphaalgi lamdam Uripokta taaybang Khongdarakkhi. Angaangdi ningthaada khangngi haaybaduni; aphaba mahayroy ama oyna hawrakkhi. Nirmalabas High School, Imphaaldagi ing kumjaa 1992 da Manipur Board ki High School Leaving Certificate First Division da pass tawkhi. D.M. College of Science, Imphaaldagi 10 +2 Science loysinkhi. Ing kumjaa 1995 da Manipur Go.men-gi seleksan phangduna Osmania University, Hyderabad ta Bachelor of Technology (Chemical Engineering) tamkhi. B. Tech loyraba matungda CIPET (Central Institute of Plastics Engineering & Technology) Chennai gi seleksan phangduna Postgraduate Diploma: Plastic Engineering da First Class phangkhi, 2009. Hyderabad ta layringayda marak marakta Dhamma Khetta International Meditation Centre da hirikonba (Vipassana meditation tawba) yaawkhi. Hiram asomda masaagi khoydaajaba haaybadu oykhi. Ing kumjaa 2013 gi oktobar thaada maagi dhamma guru Mohan Ray gi thawjaal (blessing) ga loynana Dhamma Bodhi, International Meditation Centre, Bodh Gaya da numit 45 nigi Meditation Camp ama yaawba chatkhi. Tamba ngamdaba mioyba mapokni, supnatagi Camp loygadaba numit 5 nidang waatlingayda Bhagawan Buddha na araan-khubam (Enlightenment) phangkhiba mapham oyriba Niranjana turen-gi ing-chiklaba torbaanda taaybang khongchat loysinkhi.

Inoulembi chatkhare; adubu maana khoydaajana thamjaramba S.N. Goenka gi "The Discourse Summaries" gi Manipuri Waahanthokti layhawri. Phonglaba laayrik asimak Inoulembigi Mitay khunnaayda tamlamba Khudonni.